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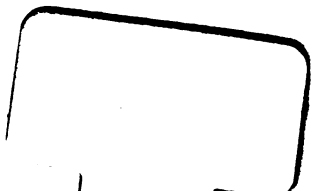


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THE



AMERICAN

HOUSEWIFE.

COOK BOOK.

PARTS I & II.

BY

MISS T. S. SHUTE.

Published by

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PREFACE.

THIS Book is the result of years of experience, on the part of the author, in housekeeping. It contains no receipt which has not been tried and proved, experimentally, to be good.

The MISCELLANEOUS RECEIPTS and SIMPLE REMEDIES are all very reliable, and will undoubtedly furnish some useful information to every one into whose hands it may chance to fall.

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COOKING.

GOD gave food, but man made cooks; and cooked food, the result, is like all attempts at blending the perfect with the imperfect, in the main, a failure. Now and then some inspired being arises capable of demonstrating the wonderful pitch of excellence to which cookery may be carried; but when these creatures instinct with culinary inspiration die, their mantle rarely falls upon worthy shoulders, and darkness settles down again for a season upon the world of pots and pans. Absolute genius in cookery is rare, for genius is a birth-right, and cannot be attained by study, however laborious and persevering; but culinary talent is latent in almost every human being, and needs only proper stimulation to arrive at any reasonable development. Yet it is safe to say, that from Greenland's icy pemmican to the under done missionary of the torrid zone, the major portion of the food consumed by mankind is unpalatably and unwholesomely prepared; not intentionally, but simply because people do not know any better. As civilization advances, the need for practical reform in this matter constantly becomes more manifest, and spasmodic sporadic attempts are being made throughout Christendom to achieve a better order of things in the department of the kitchen. The primal source of bad cookery lies in failure to recognize the fact that knowledge of cooking, like all the other arts, must be acquired by study,—is not, in other words, a natural attribute. For some reason which has yet to be explained, there is a popular belief in the absolute potentiality of all women, with or without instruction, to cook food in such manner as will render it acceptable to the taste, and meet for the wholesome subsistence of man. This belief is wholly unfounded. It is true that the average woman does possess the elements essential to culinary excellence—patience, nice sense of taste and smell, and that superior, intuitive judgment which enables

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her to unravel such mysteries as "seasoning of taste," and "adding enough flour to make a good dough"—but, unless these elements are brought into homogeneous accord by actual experimentation, they are neither more nor less than theoretical nonentities. With earnestness of purpose, and absolute concentration of mind upon her task, the woman who would cook must give herself up to serious study under competent instructors, and it is safe to say, that while, by this means, only the exceptional woman will rise to greatness, the average woman will achieve a measure of success which will fit her to shine as the care-taker of a household. But here another difficulty is encountered, for the secondary source of bad cooking lies in the difficulty of procuring that competent instruction which is necessary to quicken the embryonic culinary idea. In comparatively few households, we regret to say, is exemplary cooking to be found, for the kitchens of America are cursed by the pie dish and the frying pan, and their out-put, to an extent which, in the aggregate, is horrifying, in one or another sort of mucilaginous or oleaginous compound provocative of dyspepsia. So our girls grow up with their latent talent undeveloped; grow up, themselves dyspeptic, to marry dyspeptic husbands, and raise a generation of unfortunate beings with utterly disordered insides.

RECEIPTS.

PART I.

ON BREAD-MAKING AND BAKING.

As bread is one of the most essential articles of food, and there is no one thing upon which the health and comfort of a family so much depend, it is of great importance to have good bread well baked. We cannot expect this without care and attention. One must have good flour, good yeast, or baking powder, a good, strong and willing pair of hands, and a good fire.

YEAST.

This is the first requisite for good bread. Home-made yeast is better than bakers' or brewers'; but for warm biscuit or light cakes, Lewis' Condensed Baking Powder is always safe and reliable.

HOP YEAST.

Take as many dry hops as you can grasp in your hand, put them into a sauce-pan, turn on two quarts of boiling water; set them on to boil. In another sauce-pan put eight or ten potatoes to boil; when the potatoes are done the hops will be done enough. Mash the potatoes fine, add two tablespoonfuls of salt; strain the hop water on to the potatoes; stir in as much flour as will make a thin batter; let it stand to cool; when cool enough to put your hand in stir in one pint of good yeast, either bakers' or brewers'; set it to rise five or six hours, or until it is all of a froth; then strain it through a cullender into a stone jar; stop it tight; keep it in a cool place. This will keep a week. It is best to make yeast while you have enough to rise another jar full.

POTATO YEAST.

One cup of boiled potato, mashed hot, with one tablespoonful of flour, one tablespoonful of white sugar, two cupfuls of boiling water; mix smooth; when lukewarm add a gill of yeast; let it rise, then put it into a jug.

BREAD.

Three quarts of flour, half a cup of yeast, one teaspoonful of salt, warm water to make it into a dough. Knead this until it is perfectly smooth. Be sure to get all the flour off the sides of the pan. Set it in a warm place to rise at night. In the morning knead the dough well, divide it into two loaves and put it into the pans, set it in a warm place to rise, about an hour. A pint of Indian meal scalded, and mixed with the flour, is by some persons considered an improvement, but it will require one hour to bake.

BISCUIT.

Two quarts of flour, two ounces of butter, half a pint of boiling water, a pint of cold milk, a little salt, and a gill of yeast; mix this well together with the hands, and set it to rise over night; in the morning knead it well; make it into very small biscuit; set the pan over the teakettle for ten or fifteen minutes to rise, and bake twenty minutes.

ANOTHER.

Take three gills of milk, one gill of yeast, warmed together, add three even pints of flour, and a little salt. Mix this well together; set to rise once; then add two tablespoonfuls of sugar, one of butter, an egg, a small pinch of soda. Knead it well, and add flour enough to make a stiff batter. Cut it with a biscuit-cutter; set it to rise about an hour. Bake quickly.

PARKER HOUSE ROLLS.

Sift two quarts of flour, make a hole in the centre. Take one pint of warm milk, half a cup of melted butter in the milk, let it cool, then add two tablespoonfuls of sugar, a gill of yeast and a little salt; pour this into the hole made in the flour; let it stand till morning, then thoroughly mix it, not adding any more flour; let it rise again until noon, then knead it stiff enough to roll out; cut it in rounds and give them a roll with the rolling-pin to make them oval; lap them over, having put a crumb of butter under each before lapping. Let them rise in the pan before going into the oven.

BISCUIT.

One quart of flour, three teaspoonfuls of Lewis' Condensed Baking Powder, and a little salt sifted with the flour; a tablespoonful of butter or lard, and a pint of milk. Knead it so as to roll out; cut it with a biscuit-cutter, and bake in a quick oven.

SOUR MILK BISCUIT.

One quart of flour, a pint of sour milk, one teaspoonful of soda mixed into the milk until it froths; stir it into the flour cold; mix it quick, and bake in a hot oven.

GRAHAM BREAD.

Prepare a sponge as for white bread, using potatoes or white flour. It is a good plan to take a certain quantity of the risen sponge on baking day, and set it aside for brown bread. Put into a pan two parts Graham flour and one part white, and to every quart of this allow a handful of Indian meal and a teaspoonful of salt. Wet this up with the sponge, and when it is mixed, add for a loaf of fair size half a teacup of molasses. The dough should be very soft. If there is not enough of the sponge to reduce it to the desired consistency, add a little blood-warm water. Knead it diligently and long. It will not rise so rapidly as the white flour, having more "body" to carry. Let it take its time; make it into loaves and set it down for the second rising, when you have again kneaded it. Bake slowly, taking care it does not burn, and do not cut while hot. The result will well repay you for your trouble. It will take a longer time to bake than white bread. Brown flour should not be sifted. When the crust of bread seems to have baked too hard, take a clean towel, wring it out of cold water, roll the bread in it and let it remain about fifteen minutes. It will cut better when the bread is cold.

ANOTHER.

Two quarts of unbolted wheat (Graham flour), half a teacup of good yeast, two tablespoonfuls of molasses, and a teaspoonful of salt, mixed with warm water enough to make a stiff dough; let it rise six or eight hours; wet your hands in cold water to put it into the pans; let it rise in the pans an hour, or until it rises an inch. Bake about two hours in a moderate oven. It should be very well baked.

THIRD BREAD.

Take equal parts of white flour, rye flour and Indian meal. It is good made of water, but made of milk it is much better. Add salt and a gill of yeast to a quart of warm water or milk. It should not be made so stiff as to mould, but as stiff as you can stir it with

your hand or a large spoon ; set it to rise six or eight hours. Bake it in either loaves or biscuit. Wet the hands in cold water to put it in the pans. Bake it in a hot oven forty minutes.

BROWN BREAD.

Two quarts of Indian meal, two quarts of rye meal ; one tablespoonful of salt, half a teacup of yeast, half a teacup of molasses ; mix it with warm water ; butter your tins ; put it in and set to rise one hour. Bake it four or five hours in a hot oven ; if baked in a brick oven, it is better to keep it in the oven all night. This may be steamed as directed in the next receipt.

BOSTON BROWN BREAD.

Mix a large coffee cup of Indian meal, one of rye, and one of flour, two teaspoonfuls of Lewis' Condensed Baking Powder, and one of salt ; half a teacup of molasses and a pint of fresh milk. Steam three hours and dry off in the oven fifteen minutes.

GRAHAM BREAD.

Take a pound of Graham flour, and a quarter of a pound of white flour, sift into it two teaspoonfuls of Lewis' Condensed Baking Powder ; add two tablespoonfuls of sugar and a little salt. Mix with a pint of sweet milk. This will make one good loaf.

GRAHAM MUFFINS.

Sift one cupful of flour and two teaspoonfuls of Lewis' Condensed Baking Powder, and a little salt. Resift. Then add two cups of Graham flour unsifted. Mix well ; rub in a small piece of shortening, two tablespoonfuls of molasses, two eggs, and make a batter with milk and water mixed. Fill the muffin rings about half full, and bake about twenty minutes in a quick oven.

GRAHAM PUFFS.

Two cups of buttermilk, one teaspoonful of soda, a little salt, two eggs well beaten, one tablespoonful of molasses, one pint of Graham flour ; mix well together and bake in buttered muffin rings, or gem tins.

RYE OR GRAHAM MUFFINS.

Two large tablespoonfuls of white flour, add enough of rye or Graham flour to weigh three-quarters of a pound ; sift into this two teaspoonfuls of Lewis' Condensed Baking Powder, one tablespoonful

of sugar and a little salt, two eggs ; mix with sweet milk ; pour into buttered cups, or muffin rings with a bottom ; bake in a quick oven twenty minutes.

INDIAN MUFFINS.

Break into a pan two eggs, a piece of butter the size of an egg, two tablespoonfuls of sugar, a little salt and one pint of milk. Take two cups of Indian meal and one of flour, and sift into it two teaspoonfuls of Lewis' Condensed Baking Powder. Mix soft. Fill the muffin rings half full. Bake quickly.

CORN CAKES.

Three cups of corn meal, one cup of Graham flour and two teaspoonfuls of Lewis' Condensed Baking Powder sifted together, one cup of cream, two cups of milk and one egg well beaten ; stir all together well and quickly, and bake in a quick oven.

DIXIE CORN CAKE.

Two cups of Indian meal, one cup of flour, three teaspoonfuls of Lewis' Condensed Baking Powder sifted into it, a little salt. Resift. Rub in a tablespoonful of lard, and two of sugar ; mix with enough milk and water to make a thick batter ; bake twenty-five minutes in a quick oven, either in shallow pans or moulds.

MUFFINS.

One quart of warm milk, a piece of butter the size of an egg, four eggs, one gill of yeast and a little salt ; add flour enough to make a stiff batter ; let it rise six hours. Fill the rings half full, and bake twenty minutes.

HOOSIER MUFFINS.

One quart of flour, butter the size of an egg, two tablespoonfuls of sugar, two eggs, three teaspoonfuls of Lewis' Condensed Baking Powder, and a little salt ; enough sweet milk to make a stiff batter. Bake in rings.

SALLIE LUNN.

Take three cups of flour and sift into it two teaspoonfuls of Lewis' Condensed Baking Powder, two tablespoonfuls of sugar, two eggs, a piece of butter the size of an egg, and a pint of sweet milk, a little salt ; mix this well. Bake in muffin rings twenty minutes.

RYE CAKES.

Two cups of rye flour, one teaspoonful of Lewis' Condensed Baking Powder, a little salt, four eggs, one cup of milk; beat all together very lightly. Fill the cups a third full and bake half an hour.

RYE DROP CAKES.

A pint of milk, two eggs, a piece of butter the size of an egg, two tablespoonfuls of sugar, two teaspoonfuls of Lewis' Condensed Baking Powder, a little salt, and rye meal enough to make a batter; butter some small pans, fill them half full, and bake half an hour.

GRIDDLE CAKES.

Stir a tablespoonful of butter into a pint of warm milk to melt it; when lukewarm add two eggs, a little salt, flour enough to make a stiff batter, and one tablespoonful of yeast. Set it to rise in a warm place about three hours; butter the griddle and pour on the batter in small cakes.

SODA GRIDDLE CAKES.

One pint of sour milk, two eggs, flour enough to make a batter not very thick; one teaspoonful of soda. Fry quickly. If for tea spread over them a little butter, sugar and nutmeg; for breakfast send to the table plain.

CRUMB CAKES.

Keep a bowl or pitcher with sour milk in it; and to every pint of milk put a cupful of bread crumbs, a little salt, two eggs, and flour enough to make a batter, not too stiff; add a small teaspoonful of soda a few minutes before cooking them. Bake them on a griddle the same as buckwheats.

CORN GRIDDLE CAKES.

One pint of sweet milk, two eggs well beaten, a little salt, two cups of corn meal, one cup of flour in which a teaspoonful and a half of Lewis' Condensed Baking Powder has been sifted; make into a thin batter, and cook on a well-buttered griddle.

BUCKWHEAT CAKES.

One quart of warm water, a large spoonful of Indian meal, scalded, a teaspoonful of salt, and a gill of yeast; stir in buckwheat flour to make a thin batter; let it rise over night. In the morning add a quarter of a teaspoonful of soda; do this whether

the cakes are sour or not; buckwheat cakes cannot be made in perfection without this addition, but it should be put in just before they are baked; a large spoonful of molasses may also be added. They should be as thin as they can be to be easily turned with a griddle shovel, and no more fat should be used than is necessary to keep them from sticking. If a gill of the batter is left, it will raise the next parcel.

Buckwheat cakes are as much better made with milk as other cakes are; but no others are as good made with water. They are very nice made of sour milk with nothing added but salt and soda; but they should be made only a short time before they are baked. All kinds of griddle cakes should be well beaten.

RICE GRIDDLE CAKES.

A cup of rice boiled very soft, and mashed fine, a pint of milk and two or three eggs, a little flour stirred in, and a teaspoonful of Lewis' Condensed Baking Powder. Butter the griddle and turn on the batter in small cakes. Serve with a little sugar and nutmeg.

WAFFLES.

To a quart of milk put six eggs, a quarter of a pound or butter, a little salt, and flour enough to make a stiff batter. The iron must be heated on hot coals, and then buttered or greased with lard, and one side filled with batter, then be shut and laid on the fire; after a few minutes turn it upon the other side. It takes about twice the time that it would on a griddle, and they are really no better, but look more inviting.

WAFFLES WITH YEAST.

One quart of warm milk, an ounce of butter, three eggs, one gill of yeast, a little salt and flour, enough to make a batter; set it to rise six hours, or over night. Butter the irons well, bake quickly, and serve hot.

CRUMPETS.

Take one quart of dough from the bread at an early hour in the morning; break three eggs, beat them very light; stir them into the dough and gradually add lukewarm water or milk until it is a batter the consistency of buckwheat cakes; beat it well and let it rise till breakfast time. Have the griddle hot and nicely greased; pour on the batter in small round cakes, and bake a light brown.

RUSK.]

To one tumbler of milk put half a gill of yeast, three eggs, half a cup of sugar, a piece of butter the size of an egg, and a little nutmeg or lemon. Melt the butter, pour it into the milk warm, add the yeast, sugar and eggs well beaten, and flour enough to mould it. Let it rise over night; when very light roll out and put it on tins to rise again; after which bake it fifteen or twenty minutes.

STRAWBERRY SHORT CAKE.

One quart of flour, three tablespoonfuls of butter, one cup of milk, one egg, one tablespoonful of sugar, two teaspoonfuls of Lewis' Condensed Baking Powder. When baked and while warm open the cake, spread with butter and lay in the berries and sugar.

BERRY OR PEACH SHORT CAKE.

A quarter of a pound of butter, ten ounces of flour, a gill of milk, the white of one egg, and a teaspoonful of Lewis' Condensed Baking Powder sifted into the flour. Roll it out in two pieces, the upper one the thickest, and bake in a tin plate, one on top of the other. Cut them apart when lukewarm, butter them and spread with strawberries, peaches, or any fruit, cooked or uncooked. It may be eaten with a soft-boiled custard or with cream and sugar.

BUNNS.

One quart of flour, one pint of warm milk, two ounces of butter and a gill of yeast; mix this and set it to rise three or four hours. Then beat up two eggs, a quarter of a pound of sugar, and a few currants; mix this into the dough, and set it to rise again two hours. When very light make the dough into bunnns, quite small, set them very close together on tins and let them rise. When all of a sponge, brush the tops with a little milk and molasses mixed. Bake in a quick oven, fifteen or twenty minutes.

BUNNS WITHOUT EGGS.

Three cups of warm milk, one cup of sugar, one cup of yeast; make a batter of this with flour, and when it has risen very light, add a cup of butter, a cup of sugar, a cup of currants, and a little nutmeg; work in flour enough to roll out, and let it rise very light; make it into cakes, and let them stand in the tins awhile before baking.

PAN CAKES.

A pint of milk, three eggs, a little salt, a pinch of soda, and flour to make rather a thick batter; beat it well, then drop it with a spoon into hot fat, and fry like doughnuts. These can be eaten with sugar and wine or cider.

USEFUL HINTS ABOUT BREAD.

Pieces of stale bread should be kept clean and dry; every few days put all the small pieces you have in a tin pan, and set it in the oven with the door open to dry, but be sure and not get them too brown; when very dry pound them fine in a mortar or with a rolling-pin; sift them through a coarse sieve. The fine crumbs are good to use in frying, the coarse ones are good for puddings. If care is taken of the pieces of bread in a family a great saving may be made, for bread is a large item in family expenses. Soft crackers pounded make the best crumbs to use in frying, also in scalloping oysters.

BROWN OR WHITE BREAD BREWIS.

Take crusts of brown bread, and if they are hard and dry soak them over night in a little water; in the morning add milk and boil them slowly; add a little salt and a piece of butter; let them simmer slowly until they are tender. Crusts of white bread make a good breakfast dish in the same way, but they do not need soaking over night.

ECONOMICAL DISHES FOR BREAKFAST, &c.

CREAM OR MILK TOAST.

Boil a quart of cream or new milk and thicken with a tablespoonful of flour mixed with two or three tablespoonfuls of the cold milk; add a little salt, and if milk is used a little butter; stir it steadily until it is well mixed. Toast slices of stale bread quickly of an even brown on both sides, dip them into the cream, and let them remain half a minute; then lay them into a hot dish with a cover and pour over the remainder of the boiled cream.

EGGS BOILED.

New laid eggs require a minute longer to boil than others; the fresher they are the better; eggs over a week old should never be boiled, they will do to fry. Put them into boiling water but do not let it boil furiously, as it will crack them; if you like them soft boil them three minutes, if hard five minutes. For salad they should be boiled ten minutes.

FRIED HAM AND EGGS.

Cut the ham thin and take off the rind; if it is very salt pour hot water upon it, but do not let it lie long in it as the juices of the meat will be lost; wipe them in a cloth; have the spider hot, lay in the slices of ham, and turn them in a minute or two; they will cook in a very short time. The secret of having good fried ham is in cooking it quick and not too much. The practice of cutting thick slices, laying them into a cold spider and frying them a long time, makes ham black and hard. It needs nothing added but to be laid upon a hot covered dish. *To fry the eggs*—After the ham is fried, turn the fat out of the pan and wipe it out; strain it to clear it from the sediment, and add some good lard to it; let it get boiling hot; break each egg in a cup by itself, and be very careful and have it whole or you cannot fry it; it is better to cook each egg separately; it will take only a minute or two to cook them. Dish them around the ham.

DROPPED EGGS.

Have ready a pan of water with some salt in it; when it boils pour in the egg very slowly so as not to break the yolk; with a large spoon dip the boiling water over it, until the white forms a skim over it; take it up with a skimmer and lay it on hot buttered toast; or they can be put on to a dish, and a little parsley put around to garnish it.

In using eggs for any purpose I always break each egg in a cup by itself, to be sure that it is fresh; there cannot be anything worse than a poor egg.

POACHED EGGS.*

Set a tin pail or milk boiler, with a pint of milk, on the fire; then beat six eggs very light; when the milk nearly boils put in a tea-

*If you have not a regular milk boiler, it is the safest way to put on the fire a small iron pot or kettle, with some water in it, and set the tin pail in it when you want to boil milk for custards, or when you cook oat meal, mush, hominy, or anything of the kind.

spoonful of salt and a small piece of butter; then add the eggs, and stir constantly until it thickens; it will take only a few minutes; take it off before it becomes too thick. Have ready in a warm dish two slices of toast, spread with butter and pour on the eggs.

SCRAMBLED EGGS.

Beat up six eggs very light; season with a little pepper and salt; put a little butter into the frying-pan. When it is very hot turn in the egg; stir it until it thickens, and serve it very hot.

HERB OMELETTE.

Fry crisp some chopped parsley in a little butter, and put it on a piece of blotting paper in the oven. Beat up two eggs with a little milk; put a bit of butter half as big as an egg in the omelette-pan, and let it boil (not brown), then pour in the egg and milk; let it settle a little, then raise it around the edge with a knife or spoon; when it is a golden brown underneath, sprinkle the top with the fried parsley, a little pepper and salt; turn it over to double; shake it gently about in the pan so that it may continue cooking without burning; lift it out and place it on a hot dish, and serve immediately. Sweet omelette is made in the same way, only mix a little fine sugar with the milk and eggs, and put jam or marmalade in instead of herbs. Boiled ham chopped fine and put in with the eggs and milk makes a tasty omelette for breakfast, when the ham gets ugly for table.

A PLAIN OMELETTE.

Take an even tablespoonful of flour, mix it with two of milk; beat three eggs very light, yolks and whites separately. Have ready a piece of butter in the omelette-pan; stir it round until quite hot, then turn in the egg, flour and milk, well beaten together. As soon as it begins to set, raise it from the edge of the pan with a knife; let it brown a little, then lap it over. Slip it into a dish, and brown it more in the oven. Send it to table very hot, or it is not good.

SALT FISH OMELETTE.

Soak a pound of salt codfish until the salt is well out of it; pick it in small bits. Put into a spider a pint of milk, when hot stir in two even tablespoonfuls of flour wet with a little of the cold milk; stir constantly; then add two tablespoonfuls of butter; when this is well mixed add the fish, having drained it well. Have three or four eggs beaten light, stir quickly, add a little pepper, and when thoroughly mixed take it from the fire.

OMELETTE WITH HAM.

Cut the ham in small dice ; put it into the frying-pan with a little butter ; stir well, when nearly cooked turn the eggs (three or four, according to the quantity of ham) over it, having previously beaten them very light ; and cook over a quick fire. In making an omelette of boiled ham, put the ham on at the same time with the eggs.

BROILED SALT FISH.

After being prepared by boiling take a nice tender piece, broil it about five minutes, a nice brown ; spread on a little butter. It is a nice relish for breakfast.

HASH.

Put a teacup and a half of boiling water into a sauce-pan ; take a tablespoonful of flour mix it with a little cold water ; stir it into the warm water and boil it three minutes ; add a little salt and pepper and a tablespoonful of butter. Chop the cold meat into a fine hash, removing all the tough gristly pieces ; put it into a tin pan, pour over the gravy, and let it heat ten minutes or so, but not cook. The reason so many people have poor hash, is, that they cook it too much, making it very hard and unpalatable ; or they use tough pieces of cold meat, or they put in too much water and make it vapid. If preferred, add equal quantities of chopped boiled potatoes, and if you have the gravy of the meat of yesterday's dinner you may use that, instead of the made gravy, and you will need less butter.

RAGOUT OF COLD BEEF.

Slice rare cold beef thinly ; put a piece of butter the size of an egg into a frying-pan ; lay in the slices of meat and brown it slightly ; add to it a blade of mace, cayenne pepper and salt, a wineglass of mushroom catsup and a tablespoonful of browned flour ; stir all together over the fire, and add half a pint of the broth made of the bones and trimmings of the beef, and simmer five minutes. Add a glass of Port wine and a tablespoonful of browning ; give it one boil and serve.

VEAL SCALLOP.

Chop cold veal very fine ; put into a buttered dish a layer of it with salt, pepper, a little nutmeg, and some small bits of butter ; then strew over it a layer of finely powdered cracker, and pour over it a little milk to moisten it ; then add another layer of veal

and so on. When the dish is full, wet well with gravy and warm water, cover with a tin pan to keep in the steam, and then bake. Remove the cover ten minutes before it is done to let it brown.

ROSSOLET OF COLD ROAST CHICKEN.

Mince the white and good parts ; warm the mince in white sauce, well rendered ; season with mace, pepper and nutmeg ; and when cold roll this up with two silver spoons into balls the size of large eggs ; wrap them up in thin paste and fry ; serve them with fried parsley.

LAMB'S LIVER.

Cut it in slices, half an inch in thickness ; beat the yolks of two eggs, dip the slices of liver in the egg, then dip them in crumbs seasoned with pepper and salt, and fry them in hot drippings.

A FRUGAL BREAKFAST.

Take a beef kidney, wash and let it stand fifteen minutes in cold water ; then put it on to boil in cold water with a little salt in it till it is tender ; cut off the fat and slice the kidney thin and return to the sauce-pan on the fire ; cover with hot water, just enough for the gravy, add salt and pepper to the taste ; add a bay leaf, butter the size of a walnut braided in brown flour, and stew until the gravy is thick enough ; turn this on to hot buttered toast ; a bit of onion may be added if desired.

A RELISH FOR BREAKFAST.

Take a quarter of a pound of fresh cheese, cut it in thin slices, put it in a frying-pan, turning over it a large cupful of sweet milk ; add a quarter of a teaspoonful of dry mustard, a pinch of salt, a little pepper and a piece of butter ; stir the mixture all the time. Roll three crackers very fine and sprinkle in gradually ; then turn at once into a warm dish. Serve immediately.

WELSH RAREBIT.

Cut a pound of cheese in slices a quarter of an inch in thickness ; put a piece of butter the size of an egg in a small frying-pan. Lay in the cheese, cook it about five minutes, then add two eggs, beaten, a teaspoonful of mustard and a little pepper. Stir it up ; have ready some slices of buttered toast, turn the cheese over it and send it to table very hot. It is also very good cooked without eggs.

BREAKFAST DISHES.

Smoked salmon or halibut soaked three or four hours in plenty of water, then dried in a towel, and boiled until hot through; butter, and serve very hot.

MINCED SALT FISH.

Boil the fish and pick all the skin and bones out the day it is boiled, as it is most easily done while it is warm. Next day chop it fine, and also all the potatoes left of the previous dinner. Lay three or four slices of salt pork into a spider and fry until they are crisped; take them out, and put the fish and potatoes into the spider, and a gill of milk; stir it carefully so as not to disturb the sides and bottom, else a brown crust will not form; stir in a small piece of butter when nearly done; loosen the crust from the sides with a knife, and turn it out upon a hot dish. If it is done right it will come out whole and nicely browned.

SALT FISH BALLS.

Having prepared the fish as above, chop fine. Boil the potatoes and mash them while hot; take equal quantities of fish and potatoes, a tablespoonful of butter, and one or two eggs; mix it well with a wooden spoon. Make into small balls, flatten them a little, and fry in hot lard or a little salt pork and lard mixed. Have them well browned.

POTATO BALLS.

Mash eight nicely boiled potatoes; add a little salt, a small bit of butter, two tablespoonfuls of cream; stir it well; make it into balls, roll them in egg and crumbs, and fry in hot lard.

TO COOK OAT MEAL.

Take a large cupful of coarse oat meal, pick it and put to soak over night, having thoroughly washed it. In the morning add enough water to make three pints in all; add a little salt. Put it in a milk boiler, and boil at least two hours. It is nearly as good boiled the day before it is wanted and warmed over for breakfast.

TO BOIL HOMINY.

Take a large cup of white hominy, pick it and put it to soak in boiling water over night; cover it close. In the morning pour off the water and put it into cold water, with some salt, and boil it in a milk boiler two hours. This is very nice for breakfast, especially for children. To be eaten with milk or cream and sugar.

TO BOIL FINE HOMINY.

Pick the hominy and be sure it is perfectly clean. Have a quart of boiling water in a sauce-pan; take a cupful of hominy and stir it into the water gradually, stirring it all the time; put a little salt into it, and add more hominy until it is as thick as you wish it to be. Let it boil one hour; stir it often to prevent its burning.

MUSH.

Put into a milk boiler about two quarts of water; let it boil; stir into it a large coffee cup of Indian meal wet with some cold water, and let it boil about five minutes; then stir it well, and if it is not stiff enough add more meal until it is very stiff; let it boil for half an hour or until the meal is well cooked. Butter a dish and turn the mush into it hot. The next morning turn it out on the bread board; it should be nearly as hard as bread; cut it into slices about half an inch thick; have the griddle hot; rub it over with butter, and fry it a nice brown. Serve it hot for breakfast.

GROAT GRUEL.

Pick the groats very clean and soak them in water for several hours; boil them until quite tender and thick; and add boiling water sufficient to reduce the whole to the consistency of gruel; also currants, sugar and nutmeg. This is very nutritious.

VEAL LOAF.

Three pounds of veal chopped fine, a quarter of a pound of salt pork, one cup of pounded cracker, two eggs well beaten, one nutmeg, two teaspoonfuls of black pepper, two of salt, one tablespoonful of sage, the juice of one lemon. Mix and press into a bread pan. Bake two hours and eat cold.

FRICASSEE OF COLD CHICKEN.

Skin the breast of the chicken, cut the rest in nice pieces. Put a piece of butter the size of an egg in the frying-pan, lay in the pieces of chicken, dredge in some flour, a little salt, pepper and mace; half a pint of white stock or water, or a little fresh cream or milk may be added; let it simmer about twenty minutes or until warmed through. Place it on a dish and pour over the gravy.

BAKED BEANS.

Take a quart of white beans (the small pea-bean is the best), pick them and put to soak over night in plenty of water. In the morning pour off the water, and put the beans into the bean pot, and fill it with cold water. Take three-quarters of a pound of salt pork, scrape the rind and score it; put it into the pot before all the beans are in, letting the rind of the pork come even with the top of the beans. Bake in a hot oven five or six hours. Add hot water to the pot as fast as it boils away. Some persons prefer to stew the beans first; they do not need so long baking. A tablespoonful or two of molasses will give them a reddish color.

STEWED BEANS.

Put a quart of cranberry or white dry beans to soak in cold water over night; wash them out of this water, put them into cold water, and set them where they will get scalding hot; wash them again, rubbing them through your hands, to take off what hulls you can. Put them in three quarts of water, where they can simmer three hours. Put a piece of rather salt pork to boil about one hour; take it up, skin it, and put it in with the beans; let them simmer two hours. Serve the pork with the beans.

TO MAKE TEA.

Scald the teapot, put in the tea while the pot is hot. Allow a teaspoonful for each person if you want it strong. Turn on just enough boiling water to wet the tea, and let it stand about five minutes; then fill up the teapot with boiling water.

COCOA.

The cracked cocoa is considered the best. Two tablespoonfuls put into three pints of cold water, and boiled two or three hours, is a good rule to make it for four or five persons. Boil it over several times and add a little to it each time. Boil the milk by itself.

SHELLS.

Put a teacupful to a quart of boiling water. Boil them a great while. If there is not time to boil them long enough before breakfast, it is well to put them into the water over night. Scald the milk.

CHOCOLATE.

For those who use a great deal of chocolate, the following is an economical method: Cut a cake into small bits and put them into a pint of boiling water. In a few minutes set it off the fire and stir it well till the chocolate is dissolved; then boil it again gently a few minutes, pour it into a bowl, and set it in a cool place. It will keep good eight or ten days. For use, boil a spoonful or two in a pint of milk, with sugar.

Or, put a quarter of a pound of chocolate into two quarts of water, stirring it frequently until it is dissolved; give it one boil, then add a pint of cream or a quart of milk, and give it one more boil. Sweeten it to your taste.

TO ROAST COFFEE.

Dry the coffee in the oven an hour or two before roasting. When it is ready to roast, set it on the fire in a coffee roaster if you have it, if not in a round-bottomed iron kettle, and stir it constantly until it becomes a light brown. Two pounds of coffee roasted at one time is sufficient for a small family. Add a piece of butter the size of a walnut, just before taking it up. Put it while steaming hot into a box with a close cover. It should be ground as it is wanted.

TO MAKE COFFEE.

Put a coffee-cupful into a pot that will hold three pints or two quarts; break an egg into it, or some egg shells, or a bit of fish skin an inch square; pour on a quart of boiling water. Boil it ten minutes, take it off, turn a cupful out at the spout and back again into the pot; pour in half a cupful of cold water, and let it stand ten minutes to settle. Turn it off into another pot to send to table. Boiled cream or milk should always be served with coffee.

To make coffee in a biggin put the ground coffee into the filter, wet it with cold water, and let it stand five minutes to swell. Put the filter into the pot where it belongs; fill it up with boiling water, and set where it will keep hot but not boil. When this has run through, add water until you have made a quart of coffee. It does not require more than ten minutes to make good coffee. The best kinds of coffee are the Mocha and the Java, and it is considered an improvement to mix the two. West India coffee, though of a different flavor, is often very good.

CAKE.

ON MAKING CAKE.

Always use the best materials for making cake. Always sift the flour, wash the butter, break the eggs separately, and the yolks and whites must be beaten separately, stone raisins, wash and dry currants, cut citron in small pieces. When commencing, have all the materials ready, and weighed or measured, and the pans lined and buttered, that you may have all the time after you commence to beat the cake, until it is ready for the oven; you are more likely to have good cake, than if obliged to beat a little and then take your hands out to prepare other ingredients. In putting the materials together first beat the butter and sugar together to a cream, then add the eggs, yolks and whites beaten separately, then the spice, fruit and flour. To bake cake keep a steady heat, the same at bottom as at top. Streaks in cake are caused by unskillful mixing, too rapid baking, or a decrease in heat before the cake is done. Fruit and spice cake require longer baking than plain cake. Test whether the cake is done by running a straw into the thickest part. It should come up clean. Do not leave the oven door open, or change from one oven to another except in extreme cases. If it hardens too fast on top, cover with paper.

WEDDING CAKE.

The materials needed for this cake should be prepared a day or two before the cake is to be made, and put the cake together as early in the morning as possible, for it requires the best part of the day to bake it in. It does not need a very hot oven, but a steady heat. It bakes better if made into two or three loaves than in one large one.

Have the currants picked, washed and dried; the raisins picked, stoned and chopped; the citron cut into small pieces; the flour sifted; the sugar and butter weighed; the eggs broken, the yolks and whites in separate dishes; the spices, brandy, &c., measured; the pan or pans lined with paper, and well-buttered before commencing, so you will not have to leave off after you begin to mix the cake.

Take three pounds of flour, three of sugar, three of butter, three of raisins, six of currants, one of citron, two dozen of eggs, one

ounce of mace, one of cinnamon, one of nutmeg, half an ounce of cloves, half a pint of brandy.

To mix it—Stir the butter with your hand to a cream, then beat the sugar into the butter, add the yolks of the eggs after they are well beaten, then the whites of the egg beaten to a froth. Mix fruit, spice and flour together; then add them in with beating, gradually; add the brandy last. Five or six hours' baking will answer for a large loaf.

A RICH LOAF, OR WEDDING CAKE.

One pound of butter, one of sugar, ten eggs, the yolks and whites beaten separately, a gill of brandy, a gill of wine, a teaspoonful each of clove, mace and nutmeg, a pound of flour, with two teaspoonfuls of Lewis' Condensed Baking Powder sifted into it; two pounds of currants, one pound of raisins, stoned, and half a pound of citron. Mix as above. This will make a large loaf.

FROSTING FOR CAKE.

The whites of two eggs, beaten to a stiff froth, gradually stir in a pound of powdered sugar; flavor with a little vanilla or orange-flower water; beat them together until very light. Have ready a little lemon juice. Begin to lay on the icing in a very thin coat with a knife; occasionally dip the knife into the lemon juice; when it is covered set it in a warm place to harden, then it will be ready for the next coating, which will be much whiter and smoother than the first.

ANOTHER.

To the white of one egg beaten to a froth, add half a pound of powdered sugar, a teaspoonful of fine powdered starch, and a teaspoonful of lemon juice. Beat it steadily until it will stay where you put it. It will take an hour or more. Dredge a little flour over the cake and brush it off with a feather; this is to prevent the frosting from becoming discolored by the butter contained in the cake. Lay it on as directed above.

BRIDE CAKE.

Wash two pounds and a half of butter in some rose water, having first washed it in fresh water; beat the butter to a cream, then add a pound and a half of sugar; beat twenty eggs, yolks and whites

separately, add them to the sugar and butter, then add two pounds and a half of flour, an ounce of spice, three pounds of currants nicely cleaned and dried, half a pound of almonds blanched and pounded, and three-quarters of a pound of sweetmeats cut not too thin. Mix all together. Add half a pint of sweet wine with the same quantity of brandy and add it to the rest. Half a pound of raisins stoned and chopped fine, and a little orange-flower water may be added. Beat all very thoroughly; you can hardly do it too much; an hour at least.

QUEEN'S CAKE.

One pound of flour, one pound of sugar, three-quarters of a pound of butter, one teacup of cream, eight eggs. Beat the butter and sugar to a cream; beat the eggs separately, add them to the butter and sugar, then the cream and a little rose-water; then the flour with a teaspoonful of Lewis' Condensed Baking Powder sifted into it; beat all well together. Two pounds of currants or chopped raisins may be added.

CONFECTIONERS' POUND CAKE.

A pound and a quarter of sugar, and three-quarters of a pound of butter beaten to a cream; stir in twelve eggs beaten separately, a pound and a half of sifted flour with two teaspoonfuls of Lewis' Condensed Baking Powder; mace or nutmeg to the taste.

POUND CAKE.

A pound of sugar and three-quarters of a pound of butter beaten to a cream, ten eggs, the yolks and whites beaten separately, add a glass of white wine and any flavoring to suit the taste. Beat it well together, then add a pound of flour in which a teaspoonful of Lewis' Condensed Baking Powder has been sifted. Bake half an hour.

CITRON CAKE.

The same as above, with half a pound of citron cut fine.

CURRENT CAKE.

Half a pound of currants washed and dried, and stirred into a plain pound cake will make a variety.

LADY'S CAKE.

A pound of sugar and six ounces of butter beaten to a cream, the whites of sixteen eggs well beaten, two teaspoonfuls of almond extract, and three-quarters of a pound of flour.

ALMOND CAKE.

Ten ounces of sugar, a quarter of a pound of butter, the whites of seven eggs, beaten to a froth, a quarter of a pound of almonds blanched and pounded, six ounces of flour.

FRENCH CREAM CAKE.

CREAM—Boil nearly a pint of sweet milk; take two small table-spoonfuls of corn starch beaten with a little cold milk, to this add two eggs, yolks and whites, and a small cupful of sugar; when the milk has boiled stir in the mixture with a little salt. Let it boil several minutes until it becomes quite thick; when nearly done, stir in a piece of butter the size of an egg, and two teaspoonfuls of lemon extract. The cream should be made first.

CAKE—Three eggs well beaten, one cup of white sugar, one and a half cups of flour, a teaspoonful of Lewis' Condensed Baking Powder in the flour, half a cup of cold water. This will make two cakes. Put it into two round tin plates, and bake in a quick oven. Split while warm and spread with the cream.

CREAM CAKES.

Boil together a pint of water and a cup of butter; while boiling stir in two cups of flour. Let this cool, then add six well beaten eggs and drop the mixture on tins and bake.

For the inside—Beat four eggs, two cups of sugar and one cup of flour; stir this into a pint of boiling milk; flavor with lemon or vanilla. When the cakes are done and cool, make a little opening in the top or side and fill with the cream. This will make four dozen.

ANOTHER.

One quart of milk (a little less will do), four eggs, two cups of sugar, half a cup of flour. Boil the milk, mix the flour with a little of the cold milk, stir it with the eggs and sugar into the milk while boiling; let it boil a few minutes. When cool, flavor with lemon.

For the Cakes—Ten eggs, half a pound of butter, one pint of hot water, three-quarters of a pound of flour. Boil the water and butter

together and stir in the flour (having first wet it with a little cold water); as soon as it boils take it from the fire (don't keep it on the fire a minute after it boils for that makes it leathery), and add the eggs well beaten. Drop the crust in tins and bake in a quick oven ten or fifteen minutes. When done open the side and put in as much cream as possible.

COCOANUT CAKE.

Three-quarters of a pound of grated cocoanut, dried, three-quarters of a pound of sugar, half a pound of butter, four eggs, and half a pound of flour. Spread about half an inch thick. Frost then if you like.

COCOANUT DROPS.

One cocoanut grated, the whites of two eggs well beaten, half a pound of white sugar; flavor with essence of lemon. Mix all as thick as can be stirred, lay in heaps an inch apart on paper and on a baking tin, put them into a quick oven, and take them out when they begin to look yellowish. Do not remove them from the paper until they are quite cold. They are improved by keeping three or four days.

COCOANUT CAKE.

A cup of butter, two cups of sugar, the whites of three eggs, a cup of milk, four cups of flour, with two teaspoonfuls of Lewis' Condensed Baking Powder sifted into it, the grated rind of a lemon and three cups of grated cocoanut.

SPONGE CAKE.

A little short of a pound of sugar and the yolks of twelve eggs beaten together; then add the whites of the eggs beaten to a stiff froth; add the rind of a lemon and the juice of half a one; beat it very light; add three-quarters of a pound of flour in which two teaspoonfuls of Lewis' Condensed Baking Powder has been sifted, and beat it just enough to mix the flour in. Bake in pans twenty minutes or half an hour; try it with a straw; when it is done it will not adhere to the straw.

BERWICK SPONGE CAKE.

Two cups of fine white sugar and the yolk of seven eggs beaten well together; then add the whites of the eggs, beaten to a froth; a cup of cold water; two teaspoonfuls of Lewis' Condensed Baking

Powder sifted into four cups of flour. Stir the flour in quickly, and put it into the oven as soon as possible. Bake it in a quick oven twenty minutes, or half an hour. Do not open the oven door till it is almost done; and do not remove it from the oven until you have tried it with a broom straw; if done the straw will come out clean; if not the cake will stick to the straw. A little lemon extract may be added if you choose.

MARBLE CAKE.

For the light part—One cup of butter, two of sugar, one of sweet milk, four of flour, one teaspoonful of Lewis' Condensed Baking Powder in the flour, and the whites of eight eggs.

For the dark part—One cup of butter, one of sugar, the yolk of eight eggs, a cup of milk, a cup of molasses, four cups of flour, with two teaspoonfuls of Lewis' Condensed Baking Powder sifted into it; a teaspoonful each of nutmeg, cloves, cinnamon and allspice. It should be baked in pans, spreading the pan with alternate layers of light and dark.

MARBLE CAKE, No. 2.

One cup of butter, two cups of sugar, the whites of eight eggs, half a cup of milk, two and a half cups of flour with a teaspoonful of Lewis' Condensed Baking Powder sifted into it; flavor to suit. Then take the same proportions, using the yolks of the eggs and three whole ones, and using *red sugar sand* in place of the two cups of white sugar. Put it in layers in the pan, first a layer of white and then a layer of pink, and you will have a beautiful cake; it will be in waves of pink and white when cut.

WATERMELON CAKE.

Take two cupfuls of sugar, one of butter, one of milk, the whites of eight eggs, two cupfuls of flour, one of corn starch, and two teaspoonfuls of Lewis' Condensed Baking Powder sifted into the flour. Take one-third of the batter and mix half a cupful of currants with it; take another third and add to it a little cochineal and a lump of alum the size of a pea dissolved in a little water. Flavor to taste, and arrange in your pan as marble cake.

RICE CAKE.

Six ounces of butter, three-quarters of a pound of sugar, seven eggs beaten separately, half a pound of rice flour, half a pound of wheat flour, a teaspoonful of Lewis' Condensed Baking Powder, and a teaspoonful of lemon extract.

RICE CAKE, No. 2.

One pound of white powdered sugar, half a pound of butter, seven eggs, three-quarters of a pound of ground rice, one teaspoonful of Lewis' Condensed Baking Powder. Flavor to suit.

RICE CAKE, No. 3.

Half a pound of butter, one pound of sugar, seven eggs, and one pound of rice flour; pour thin into pans; bake and cut into squares after it is done.

QUAKER POUND CAKE.

Two cups of sugar, half a cup of butter, one cup of milk, four eggs, five cups of flour, a teaspoonful of Lewis' Condensed Baking Powder sifted into it; nutmeg, currants and citron.

CURRENT CAKE.

Four cups of flour, two of sugar, one of butter, one of cream, four eggs, a little nutmeg, one cup of currants, one cup of raisins, one teaspoonful of soda; if the cream be sweet take only half a teaspoonful.

LOAF CAKE.

Half a pound of butter, half a pound of sugar, four eggs, one cup of molasses, one pound of flour, one pound of fruit, a teaspoonful of soda, brandy, citron and all kinds of spices. This receipt for loaf cake is very nice and will keep a long while. It is a great improvement to frost it. The above will make one large or two small loaves.

ANOTHER.

Two cups of butter, two of sugar, six eggs, one cup of molasses, one cup of milk, two pounds of fruit, five cups of flour, one teaspoonful of soda; spice to the taste.

COFFEE CAKE.

One cup of butter, one cup of sugar, two eggs, one cup of coffee, one cup of molasses, a teaspoonful of soda in the molasses, a teaspoonful of cloves, one of cinnamon, one cup of chopped raisins, flour enough to thicken.

HICKORY CAKE.

One cup of butter, two cups of sugar, four eggs, a cup of sweet milk, four cups of flour, a teaspoonful of soda, a little nutmeg, one pint of nut-meats, half a pint of chopped raisins.

WHIG CAKE.

One pound of sugar (or a little less will do), three-quarters of a pound of butter, nine eggs, half a pint of molasses, one pound of flour, two pounds of currants, half a pound of citron, half an ounce of spice, and a little brandy if you choose.

ALMOND CAKE.

One pound of almonds, blanched and pounded, ten eggs, three-quarters of a pound of sugar, and three-quarters of a pound of flour.

ALMOND LOAF CAKE.

Beat a pound of butter, and a pound and a half of sugar to a cream; ten eggs beaten separately; a cup of cream; a wineglass of brandy; one nutmeg; a pound and a half of flour; two teaspoonfuls of Lewis' Condensed Baking Powder in the flour; three-quarters of a pound of citron, the same of almonds chopped fine, two pounds of raisins. Frost if you like.

ALMOND CAKE.

One pound of sugar, three-quarters of a pound of butter, beaten to a cream; add the yolks of seven eggs well beaten, one wineglass of brandy, a little salt, a pound of flour, six ounces of almonds pounded fine, dried and sifted; beat this all well together; whip the whites of the eggs to a stiff froth, and mix with the rest. Put the cake into a tin pan about an inch thick; bake it a light color. Have ready four ounces of almonds chopped fine, two ounces of sugar, and the white of one egg beaten to a strong froth. When the cake is nearly done spread this over the top, and set it back to finish baking.

CHOCOLATE CAKE.

One cup of butter, two of sugar, five eggs, one cup of milk, three and a half cups of flour, a teaspoonful of Lewis' Condensed Baking Powder in the flour; leave the whites of two eggs for the frosting. Bake on jelly tins; make them very thin and put one on top of another with jelly between, or make them thicker and split them in the middle, and spread with jelly. *For the frosting*—Beat the whites of the two eggs with a cup and a half of powdered sugar, and six teaspoonfuls of fine grated chocolate; put this on while the cake is hot, and return it to the oven for a few minutes.

LADY FINGERS.

Four eggs beaten very light, the yolks and whites separately; three ounces of sugar, three ounces of flour. Whisk the whites of the eggs; beat the yolks and the sugar together, next put in the flour and rose-water, and stir well together; drop through a funnel, sift on sugar, and bake moderately.

DROP CAKES.

Four eggs, a pint of milk, a little salt, and flour enough for a batter, not stiff. Bake in cups.

JELLY CAKE.

Six ounces of sugar, a quarter of a pound of butter, half a cup of cream, a quarter of a teaspoonful of soda, three eggs, and half a pound of flour; beat this well together. This will make two cakes; they should be baked on jelly pie plates, and when hot, split and spread with jelly.

LUNCHEON CAKE.

A quarter of a pound of butter, a quarter of a pound of moist sugar, beaten to cream, add a quarter of a pound of currants, beat two eggs, the whites to a snow, and the yolks very light, and add them to the above; shake into a quart of flour three teaspoonfuls of Lewis' Condensed Baking Powder; then take a cupful of milk, and mix all together. Bake in a hot oven.

NEW YORK COOKIES.

One cup of butter, one cup of sugar, one egg, a teaspoonful of vanilla, half a teaspoonful of soda dissolved in a little water; flour enough to roll very soft. Cut in shapes, and bake in a quick oven.

BERRY CAKE.

One cup of sugar, three cups of flour, a piece of butter the size of an egg, three eggs, two cups of berries, a cupful of sour milk, a teaspoonful of soda.

CIDER CAKE.

One cup of butter, two cups of sugar, four eggs, one cup of cider, a teaspoonful of soda, three cups of flour, a teaspoonful each of cloves, cinnamon and nutmeg, a cup and a half of raisins, a cup and a half of currants, citron.

MEMORANDA.

MEMORANDA.

CIDER CAKE—PLAIN.

Three cups of sugar, one cup of butter, beaten together; three eggs, two teaspoonfuls of soda dissolved in two cups of cider; add five cups of flour, and spice to the taste. To be baked as soon as mixed.

DOUGHNUTS.

One cup of sugar, three cups of flour, a piece of butter the size of an egg, three eggs, one cup of milk, half a teaspoonful of soda, and a teaspoonful of mace. Mix this all together; roll it out, and make them in any shape. Fry in hot lard.

ANOTHER.

Rub a quarter of a pound of butter into two pounds of flour, a pound of sugar, and eight eggs, half a teaspoonful of soda, a gill of rose-water, one nutmeg. Beat all well together, and roll out. The more lard they are fried in the less they will soak.

RAISED DOUGHNUTS.

Two cups of sugar and six cups of flour sifted together, one pint of milk and a piece of butter the size of two eggs, warmed together, and spice to the taste; add half a cup of good yeast. Mix all this into a stiff dough, and set it to rise four or five hours. Roll it thin; cut it into any shape you please, and fry in hot lard.

INDIAN MEAL DOUGHNUTS.

A teacupful and a half of boiling milk poured over two teacupfuls of Indian meal; when it cools add two cupfuls wheat flour, one of butter, one and a half of sugar, three eggs, and a tablespoonful of nutmeg or cinnamon; if not stiff enough, add equal portions of wheat and meal; let it rise till very light; roll it about half an inch thick; cut it into small diamond-shaped cakes, and boil them in hot lard.

JUMBLES.

One cup of butter, two of sugar, beaten together; one cup of milk, half a teaspoonful of soda stirred into the milk, and four eggs. Beat it well together; add spice of any kind, and six cups of flour; roll it rather thin; cut it with a jumble-cutter; brush them over with the white of an egg, and sift on a very little fine white sugar before baking. Bake them fifteen or twenty minutes.

MACAROONS.

Blanch four ounces of almonds, and beat them up with four spoonfuls of orange-flower water; whisk the whites of four eggs to a froth; then mix it, and a pound of sugar sifted with the almonds, to a paste, and laying a sheet of white paper on a tin, put it on in separate little cakes the shape of macaroons, or S.

LEMON CAKE.

One cup of butter, three of sugar, beaten together, the yolks of five eggs well beaten, one cup of milk, a teaspoonful of soda, the juice and grated rind of a lemon, four cups of flour; add the whites of the egg after it is all mixed.

LEMON JUMBLES.

One egg, one cup of sugar, half a cup of butter, three table-spoonfuls of milk, the juice and grated rind of two small lemons, one teaspoonful of Lewis' Condensed Baking Powder, flour enough to roll out, and cut with a cake-cutter.

WALNUT CAKE.

Half a pound of walnuts chopped fine, four eggs, half a cup of butter, a cup and a half of sugar, a cup of milk, three cups of flour, a teaspoonful and a half of Lewis' Condensed Baking Powder.

CORN STARCH CAKE.

Two cups of sugar, one of butter, one of milk, two of flour, half a cup of corn starch, three eggs, one and a half teaspoonfuls of Lewis' Condensed Baking Powder; sift the corn starch with the flour.

FRENCH CAKE.

One cup of sugar, half a cup of butter, one of currants, three of flour, four eggs, nutmeg, cinnamon, one teaspoonful of Lewis' Condensed Baking Powder.

LADY CAKE.

Half a pound of butter, one quart of flour, a pint and a half of sugar, eight eggs, half a pint of milk, one and a half teaspoonfuls of Lewis' Condensed Baking Powder.

CUP CAKE.

One cup of butter, two of sugar, three of flour and four eggs; half a cup of sweet milk, a teaspoonful of Lewis' Condensed Baking

Powder, and a little nutmeg. Beat the sugar and butter together then the eggs and milk, and lastly the flour and baking powder. Bake in one large loaf.

CUP CAKE WITH FRUIT.

The same cake with the addition of a pound of currants and a quarter of a pound of citron, sliced thin, makes a nice light fruit cake.

ANOTHER.

A cup of butter, two of sugar, three of flour, one and a half of ground rice, one of sour milk, a little essence of lemon, a teaspoonful of soda and three eggs. If you have cream instead of milk use only half a cup of butter.

HUCKLEBERRY CAKE.

Two cupfuls of sugar and one of butter, beaten to a cream, the well beaten yolks of five eggs, one cupful of sweet milk, three cupfuls of sifted flour, one teaspoonful of nutmeg, one teaspoonful of cinnamon, the well beaten whites of five eggs, one teaspoonful of soda, dissolved in a very little hot water; at the last stir in one quart of ripe fresh huckleberries that have been washed and drained, also well dredged with flour. Bake it in a loaf, or in square tin pie pans, in a moderate oven.

SPANISH BUNNS.

One pint of flour, one pint of sugar, one cup of sweet milk, one cup of butter, four eggs, beaten separately, one tablespoonful of cinnamon, one teaspoonful of cloves, three teaspoonfuls of Lewis' Condensed Baking Powder, bake on tins an inch thick, and when taken from the oven sprinkle with sugar while hot.

SUGAR GINGERBREAD.

Two cups of white sugar, one of butter, one of milk, a tablespoonful of ginger, two teaspoonfuls of Lewis' Condensed Baking Powder, and flour enough to make as stiff as cup cake.

ANOTHER—WITH EGGS.

A pound and a half of sugar, one pound of butter, seven eggs, half a cupful of ginger, half a gill of wine, a teaspoonful of soda, and flour enough to make as thick as pound cake. Bake in pans such as are used for cup cake. This will keep a long time.

HARD SUGAR GINGERBREAD.

A pound of butter, a pound of sugar, nine eggs, half a cup of ginger, and flour enough to knead. Roll thin and cut in shapes. They will keep a long time if put into a box and kept dry.

ANOTHER.

Two cups of butter, three of sugar, two eggs, a cup of milk, a tablespoonful of ginger, a teaspoonful of soda dissolved in the milk. Flour to knead. Roll thin, and bake quickly.

ANOTHER.

One quart of flour, two teaspoonfuls of Lewis' Condensed Baking Powder, a tablespoonful of ginger, one cup of butter, two cups of sugar, and milk enough to knead. Roll very thin. Butter the tin sheets, cut in squares, and bake quickly.

FRUIT JUMBLES.

Three-quarters of a pound of butter, a pound of sugar, five eggs, a gill of milk and a gill of wine (or a teacup of milk), a teaspoonful of soda, a pound and a quarter of flour, and a quarter of a pound of currants. Drop them on tins with a spoon, and bake in rather a quick oven.

MOLASSES GINGERBREAD.

Half a pint of good molasses, and half a cup of butter melted and stirred into it, half a pint of milk and a teaspoonful of soda; stir this all together. Then stir in a pound of flour, a dessert spoonful of ginger, a little salt, and a little cinnamon if you like. Bake it in a well-buttered pan half an hour.

ANOTHER.

A pint of flour, a piece of butter the size of an egg, melted and stirred into a cup of molasses and a teaspoonful of soda; let it foam up, then pour it into the flour with a dessert spoonful of ginger and sour milk enough to make a batter.

GINGER SNAPS.

A quarter of a pound of butter, a quarter of a pound of lard melted, one pint of molasses, two teaspoonfuls of soda, two teaspoonfuls of ginger, a wineglass of milk, and sufficient flour to roll out.

GINGER NUTS.

A pint of molasses, three-quarters of a pound of butter, three-quarters of a pound of sugar, a teaspoonful of soda, two ounces of ginger, a little nutmeg and cinnamon; flour enough to roll out.

GINGER COOKIES.

One cup of sugar, one of molasses, one egg, one teaspoonful of soda, one of ginger, one of vinegar, seven cups of flour.

COOKIES.

One cup of butter, two of sugar, three eggs, half a cup of milk or cream, a teaspoonful of soda, a little nutmeg, and flour enough to roll out.

POOR MAN'S CAKE.

A cup of sugar, half a cup of butter, one egg, a cup of sour cream, half a teaspoonful of soda, flour enough to make a batter. Flavor to suit.

LAURA KEENE'S JELLY CAKE.

One teacup of sugar, one of milk, one pint of flour, a teaspoonful of Lewis' Condensed Baking Powder, one egg, a tablespoonful of melted butter; flavor to suit and bake in thin sheets. When baked, spread jelly of any kind between the sheets.

CHOCOLATE MACAROONS.

Three-quarters of a pound of almonds after they are blanched and pounded; a pound of powdered sugar, quarter of a pound of vanilla chocolate, grated; the whites of three eggs beaten to a froth; mix all together to a stiff paste; drop them on a sheet of white paper on a pan, and bake in a moderate oven.

SEED CAKES.

Half a cup of butter, a cup and a half of sugar, two eggs, one cup of milk, a teaspoonful of soda, a tablespoonful of caraway seed, a little ginger, and flour enough to roll out.

ANOTHER.

A cup of butter, two of sugar, three eggs, half a teaspoonful of soda dissolved in a little cold water, a tablespoonful of caraway seed, and flour enough to roll out. Roll thin with sugar instead of flour on the board and cut in rounds. Bake in a quick oven.

BACHELOR BUTTONS.

These delicious little cakes are prepared by rubbing two ounces of butter into five ounces of flour; add five ounces of sugar; beat an egg with half the sugar, then put it to the other ingredients; add almond flavoring according to taste; roll them in the hand about the size of a large nut, sprinkle them with white sugar, and place them on tins with buttered paper. They should be lightly baked.

MADGE CAKES.

Half pound white sugar, one cup of butter, three eggs, half a pound of flour; flavor with vanilla. Roll them out in sugar as thin as possible.

PICNIC CAKE.

One cup of butter, two of sugar, two eggs, one cup of milk, two teaspoonfuls of Lewis' Condensed Baking Powder sifted into three cups of flour and half a cup of corn starch; a teaspoonful of lemon extract.

ORANGE CAKE.

Mix two cups of sugar well with the yolks of two eggs, then add the whites beaten to a froth; next add a large spoonful of butter, then one cup of milk; thicken to the consistency of pound cake with flour, in which has been sifted two teaspoonfuls of Lewis' Condensed Baking Powder. Flavor with lemon extract and bake in jelly pans.

For the filling—Grate the rinds of two oranges and one lemon, and to this add the juice of the same, add one cup of water, one of sugar and one tablespoonful of corn starch. Boil until smooth and cool before putting between the cakes.

PUDDINGS.

ALMOND PUDDING.

One-half pound of bread soaked in three gills of milk, one-quarter pound of sugar, three ounces of pounded almonds, a little vanilla extract, five eggs beaten separately, one-quarter pound of citron cut fine, or currants. Set the dish in a pan of water while baking; serve immediately upon being taken from the oven. Wine sauce.

APPLE DUMPLING—BOILED.

One pound of flour, half a pound of suet; chop the suet in a little of the flour to prevent its caking; chop very fine; as fine as meal, a teaspoonful of salt, two teaspoonfuls of Lewis' Condensed Baking Powder; mix with milk or water enough to make a paste; roll it but not as thin as for pie crust. Pare a dozen large apples, quarter and core them, keeping each apple by itself, place the quarters together again and cut the paste in a square to cover the apple; tie each dumpling in a square cloth leaving a very little room to swell. Boil an hour, putting them into boiling water; serve with hard sauce.

APPLE PUDDING—STEAMED.

Pare and slice apples very thin; have enough to fill the dish it is to be made in; put a very little water to the apples. Make a crust as for biscuit; taking a spoonful and a half of Lewis' Condensed Baking Powder to a pint of flour; mix with milk and no shortening. Roll it about an inch thick and cover over the apples. Have on the iron pot full of water, and when it boils put the pudding into the steamer and put it on the pot; let it steam two hours and a half constantly.

APPLE PUDDING—BOILED.

Make a crust of six or eight potatoes (or two-thirds flour and one-third potatoes), boiled and mashed; add half a pound of butter and lard mixed, and rubbed well into the potatoes, and flour and cold water to make a paste; roll it out about an inch thick; dip the pudding-cloth into boiling water; lay it over a large bowl and put the crust into it. Have the apples peeled and sliced, put them into the crust; tie the cloth up close and put it into boiling water. Turn it frequently in the pot, and boil it three hours.

APPLE PUDDING—BAKED.

Pare, core and slice apples enough to fill a shallow pudding-dish; put in a layer of apples, strew sugar over the apples and a little nutmeg or cinnamon, then another layer of apples and so on; put a few crumbs of butter on top and a tablespoonful or two of water. Make a plain pie crust, roll it about an inch thick and cut three slits in the middle of the crust, and cover the dish with the crust.

ANOTHER.

Stew and strain six large apples; while hot add quarter of a pound of butter, six eggs beaten with half a pound of sugar, the juice and grated peel of a lemon. Mix this all together. Have half a pound of soft crackers pounded. Butter a good sized pudding-dish; strew in some of the cracker, then a layer of the apple, then cracker, and so on until all is in. Bake one hour.

ARROW-ROOT PUDDING.

Two tablespoonfuls of arrow-root to one quart of milk. Dissolve the arrow-root in a little cold milk. Boil the milk; when cool add four eggs, a cupful of sugar, a little salt and flavoring. It can be either baked or boiled.

APPLE-SAGO PUDDING.

For a pudding-dish holding two quarts, take a cup of tapioca or sago; wash it; cover with water, adding a little salt. Pare and slice six or eight good-sized apples, choosing those that cook easily; put these in a dish with sugar according to taste; put in the sago after it has been well soaked, and fill the dish up with cold water. Bake until the apple is thoroughly cooked; stir occasionally to prevent the forming of a crust and to mix apple and sago. It is sometimes necessary to add a little hot water. If the pudding is covered while cooking it will require less attention. I like to cover most puddings in the oven until nearly done to prevent drying up or turning, and for that purpose it is well to have a tin cover made without solder—the handle riveted. The above pudding requires two hours or more for baking, according to the quality of apples used. It should be turned out of the pudding-dish while hot and may be moulded like blanc-mange. It may be eaten warm or cold, with sugar and cream. A pudding made in the same way and boiled in a milk or farina boiler is much more delicate.

APPLE BATTER PUDDING.

Half a pint of milk, two eggs, flour to make a stiff batter, a little salt. Fill a dish with sliced apples; then pour the batter over them. Steam two and a half or three hours.

BOMBAY PUDDING.

To a good sweet custard, add a little butter, some grated nutmeg and a glass of wine or brandy. Have ready a finely

grated cocoanut and mix all well together. Having lined your dish or dishes with puff paste pour in the custard, and bake it a light brown color. It will make a very rich pudding without any crust.

BATTER PUDDING—BOILED.

To one quart of milk, take six eggs and half a pound of flour; wet the flour first in a little of the milk; beat these very smooth together; put it into a buttered mould and boil it one hour; half a teaspoonful of soda is an improvement. Serve it with wine sauce.

BATTER PUDDING—BAKED.

One quart of milk, four eggs, six ounces of flour, a little soda and salt. Mix the flour very carefully with a little milk so it will not be lumpy. Bake twenty minutes. Serve immediately.

BREAD PUDDING.

Half a pound of stale bread, three pints of milk boiled and poured over it; let it soak until it is quite soft; rub it quite fine with the hands. Beat up three eggs, a cup of sugar, a little salt, a pinch of soda and spice to the taste, and a small piece of butter. Bake it one hour. It should be served hot. Wine sauce.

BREAD AND BUTTER PUDDING.

Take half a pound of bread cut in slices; spread it thick with butter. Take a deep pudding-dish, well-buttered; cover the bottom of it with the bread, and strew in a few currants or stoned raisins; then another layer of bread and so on. Make a custard of one and a half pints of milk, four or five eggs, half a cup of sugar, a little nutmeg, salt, and a pinch of soda. Pour this over the slices of bread and let it stand two hours. Bake it one hour.

BERRY PUDDING.

Take a quart of berries, blueberries, whortleberries or blackberries, pick and wash them (excepting blackberries), drain them well. Make a batter as for boiled batter pudding, but it should be made a little stiffer to allow for the additional moisture of the berries. Butter a pudding-mould, and boil three hours. Serve with sweet sauce.

ANOTHER BERRY PUDDING.

Make a very light crust as for biscuit; or a nice potato crust. Take a pudding-dish, lay over it a pudding-cloth that has been

dipped in hot water; spread the paste in the cloth; pour in the berries; gather the cloth in the centre, tie it; put it into boiling water, and boil it three hours. Serve it hot with a wine sauce.

BUNN PUDDING.

Take as many buns as will set in a dish without crowding; make a custard, allowing five eggs to a quart of milk, half a cup of sugar, a little salt, and flavoring to suit. Pour the custard over the buns and let it stand until the buns are well soaked. If the custard is all absorbed, fill up the dish and bake it three-quarters of an hour.

CHOCOLATE PUDDING.

One pint of milk, ten tablespoonfuls of grated bread, five tablespoonfuls of grated chocolate, four eggs, a piece of butter the size of an egg, a small cup of sugar. Mix the bread and chocolate with a little of the milk, then add the yolk of the eggs and the sugar; put the rest of the milk over the fire, let it come to a boil; stir in the mixture, add the butter, and stir it constantly until it thickens. Butter a pudding-dish, pour in the pudding and set it in the oven for a few minutes. Beat the whites of the eggs to a stiff froth, add three tablespoonfuls of powdered sugar and half a teaspoonful of starch. Pour over the pudding, and brown.

CORN PUDDING.

Grate half a dozen, or one pint of green corn; one pint of sweet milk, boiled, five eggs, one-quarter pound of sugar, two ounces of pounded cracker, a little lemon grated in. Mix well. Butter a pudding-dish, pour in the pudding and bake one hour.

CORN STARCH PUDDING.

Four tablespoonfuls of corn starch, one quart of milk, four eggs, four tablespoonfuls of sugar, one tablespoonful of butter, nutmeg or lemon extract. Wet the corn starch with a little of the milk, beat the eggs up with it, add the sugar; boil the remainder of the milk with a little salt in it and pour it over the eggs and corn starch; let it boil fifteen or twenty minutes, stirring it constantly. When nearly done, add the butter and extract.

GREEN CORN PUDDING.

Half a dozen ears of tender corn, which, however, must be fully ripe, grated from the cob, or if cut, take the pains to pass the knife

through the grains before beginning to slice them from the cob. Then with the knife scrape the cob clear, for the sweetest part of grain may adhere to it. Beat up three eggs, add to them a pint of sweet milk, half a cup of sugar, a small piece of butter and a little salt. Bake it one hour in a well-heated oven.

CHOCOLATE CUSTARD.

Beat separately the yolks and whites of seven eggs; add to the yolks a quarter of a pound of white sugar; stir in the whites. Dissolve a quarter of a pound of chocolate in a pint of hot milk; add one pint and a half of cream; give it one boil; turn it into the egg, stirring it all the time. Strain it into a pitcher; set the pitcher into boiling water, stirring the custard constantly until it thickens. To be used in glasses to eat cold.

COTTAGE PUDDING.

One cup of milk, two eggs, one cup of sugar, two cups of flour, three tablespoonfuls melted butter, two teaspoonfuls Lewis' Condensed Baking Powder. Bake half an hour. To be eaten with sweet sauce.

CUSTARDS.

Custards are both wholesome and nutritious, especially for delicate stomachs. They supply the waste of nerve tissues better than meats or bread.

CUSTARD PUDDING.

To one quart of milk take six eggs, a cup of sugar, a little salt and flavoring. Put the milk on in the milk boiler and scald it, then pour it into the eggs and sugar after they are well beaten; add a small piece of butter, put it into the pudding-dish, and bake it fifteen or twenty minutes.

ANOTHER—BOILED.

Put a quart of milk into a milk boiler that holds two quarts; when the milk nearly boils, have six eggs well beaten, with four tablespoonfuls of white sugar and a little salt, and flavor with vanilla; stir it well all the time until it begins to thicken; then remove it from the fire and pour it into a cold pitcher. You may make them as rich as you choose; a pint of milk, a pint of cream and eight eggs will make them very rich; so also three or four eggs to a quart of milk will make them very good, with a teaspoonful of corn starch added.

CHRISTMAS PLUM PUDDING.

One quart of milk, half a pound of grated bread, one pound of flour, half a pound of sugar, six eggs, half a pound of finely chopped suet, one pound of currants, two pounds of raisins, half a pound of citron, one wineglass of brandy, nutmeg, cinnamon, cloves and a teaspoonful of soda. Steam four hours.

A NICE CHRISTMAS PUDDING.

Take a pound of pounded crackers or bread crumbs, wet them with milk, it may take a little less than a quart; let it stand until it is well soaked, but do not make it too thin; add eight eggs well beaten, half a pound of sugar, half a pound of suet, one cup of molasses, one cup of brandy, one tablespoonful of salt, a pound and a half of stoned raisins, a pound of currants, half a pound of citron cut fine, one nutmeg, half a teaspoonful of mace, one of cloves, the grated rind of one lemon and a teaspoonful of soda. It may be either boiled in a mould or pudding-cloth, and let it boil five hours. To be served with a very rich brandy or wine sauce. It adds very much to the appearance to pour half a tumbler of brandy over the pudding, and set fire to it just as it is going to the table.

This pudding is also very good *baked* in an earthen dish.

EVE'S PUDDING.

Take half a pound of bread crumbs, a pint of milk, four eggs, half a pound of suet chopped fine, a quarter of a pound of dried currants, the same of chopped apples, the juice and rind of a lemon, and half a teaspoonful of soda. Put it in a mould and boil it three hours. Serve with sweet sauce.

FARINA PUDDING.

Set a pint of milk to boil; when nearly boiling add two tablespoonfuls of farina very gradually; let it boil a few minutes until it thickens; have two eggs well beaten, half a cupful of sugar and a little salt; stir this into the kettle; flavor with lemon or vanilla; pour the mixture into a buttered dish. Bake half an hour.

FROZEN PUDDING.

Butter a pudding-mould of a melon shape; take stale fruit and sponge cake; put a layer of cake at the bottom of the mould, then a layer of jelly or jam; then a layer of cake, and so on until the

mould is two-thirds full; turn on some good wine or brandy, according to the taste. Make a good boiled custard, and fill the mould with it; let it stand until the cake is soft. Place it in ice and salt, and cover it; let it stand six or eight hours. When you wish to turn it out of the mould, dip it for a second in boiling water and then turn it on to the dish.

FIG PUDDING.

One-half pound of bread soaked in three and one-half gills of milk, half a teaspoonful of soda, one-quarter of a pound of suet chopped fine, three ounces of sugar, five eggs well beaten, three-quarters of a pound of figs chopped fine. Bake one hour slowly. Serve with wine sauce. This same pudding can be steamed for three hours, instead of baking, if preferred.

FRUIT PUDDING.

Three cups of flour mixed with one cup of milk, one teaspoonful of soda stirred into a cup of molasses; mix with the flour and milk; add two eggs, half a cup of melted butter, and one pound of fruit. Boil two hours.

GERMAN PUFFS.

The yolks of six eggs well beaten, two cups of flour, one pint of milk, salt, and a little soda. Bake quickly. Then beat the whites of the eggs to a stiff froth, add a cup of powdered sugar and a little lemon juice. When the puffs are done put them into a dish and put this over them.

GROUND RICE.

Take from a quart of milk a gill, and boil the remainder; mix a gill of ground rice with the gill of cold milk, stir it into the boiling milk, and let it boil fifteen minutes, stirring constantly. Beat four eggs very light, a cupful of sugar, a small piece of butter and a little lemon. Butter a pudding-dish, pour in the mixture, and bake half an hour.

HONEYCOMB PUDDING.

One-half cup of flour, one-half cup of sugar, one-half cup of milk, two ounces of butter, four eggs, one cup of molasses, a little salt, and a teaspoonful of soda. Beat the yolks of the eggs very light, and mix with sugar, salt and molasses; then mix the flour

very smoothly with the milk, add the butter melted, then the whites of the eggs, and lastly, add the soda. Mix all together thoroughly. Put into a buttered pudding-dish, and bake three-quarters of an hour, not too quickly. Serve with rich sauce.

INDIAN PUDDING—BAKED.

Boil one quart of milk, stir in half a pint of Indian meal, and half a pint of molasses; one large iron spoonful of chopped suet, a little salt, and a teaspoonful of ginger; add the cold milk last. Bake in a deep earthen dish. Stir it often the first hour. Bake three hours.

ANOTHER.

Boil three pints of milk, stir into it two gills of meal, and let it stand to cool; then add four eggs, beaten, two cups of brown sugar, a little salt and butter. Bake it three hours.

INDIAN SUET PUDDING—BOILED.

Take a pint of milk, stir into it four cups of Indian meal, two cups of suet chopped fine, one cup of molasses, one teaspoonful of salt and a teaspoonful of soda. Tie in a cloth, leaving room to swell. or put it in a pudding-mould. Boil it three hours.

JELLY PUDDING.

Take one pint of bread crumbs, and one quart of milk, one cup of sugar, the yolks of four eggs, well beaten, the rind of a fresh lemon, grated fine, a piece of butter the size of an egg, a little salt and half a teaspoonful of soda; then bake until well done. Beat the whites of the eggs to a stiff froth, adding a teacup of powdered sugar, and the juice of a lemon. Spread over the pudding when done a layer of jelly (any kind to the taste), then pour the whites of the eggs over, and place in the oven until lightly browned. Serve with a rich sauce.

MARLBOROUGH PUDDING.

Take one quart of sour apples, stewed and strained; stir into it six ounces of butter, the juice and rind of a lemon. Beat up eight eggs and a quarter of a pound of sugar, half a nutmeg, one pint of milk, scalded; mix this all together. Bake in two deep quart tin plates, with a rich puff paste three-quarters of an hour.

MACARONI PUDDING.

Take two ounces of macaroni; simmer it in a pint of milk until quite tender; add a pint of cold milk; beat up five eggs, a cup of sugar, a little salt and flavoring; mix all together; butter a pudding dish; pour in the pudding and bake one hour.

MALAGAN PUDDING.

One-third of a cup of rice; one cup of sugar, two eggs; one pint of milk, a little salt and half a lemon. Soak the rice over night. Beat the yolks of the eggs, with one tablespoonful of sugar, and grate in the lemon rind; add the rice and milk. Bake one hour. Beat the whites of the eggs to a stiff froth with the rest of the sugar, then add the lemon juice. Pour it over the pudding after it is baked, and brown it in the oven two or three minutes. To be eaten cold.

NEWTON PUDDING.

Seven eggs, seven tablespoonfuls of flour, one quart of milk; take the whites of the eggs beaten to a stiff froth on top of the milk. Bake one hour in a slow oven. Serve with a wine sauce.

ORANGE PUDDING.

One-half pound of bread crumbs, soaked in half pint of boiled milk; strain it through a cullender, a quarter of a pound of sugar, half a teaspoonful of soda, half a pint of sweet orange juice, grated rind of one; five eggs beaten separately. Bake in a quick oven. Wine sauce.

PAN DOWDY.

Fill a deep pudding-dish with apples that have been peeled, cored and cut into quarters, add a large spoonful of cinnamon, two cups of brown sugar, one cup of cider if you have it; if not a little water; put this into a slow oven and let it cook two or three hours; then put over it a plain crust. When done break the crust into the dish with the apples and juice. To be eaten with sugar and cream.

PLUM PUDDING.

One pound of bread soaked in one quart of cold milk, one-quarter pound of chopped suet, a teaspoonful of powdered mace, one of allspice, half one, each, of cloves and cinnamon, one pound of stoned raisins, quarter of a pound of citron, cut small; from four to six eggs well beaten, a little salt, and a teaspoonful of soda;

half this quantity will make a small pudding. Set it in a pan of water and bake in a pudding-dish three hours. Serve with wine sauce.

PLUM PUDDING—ENGLISH.

One pound fine white flour, sifted; add a little salt; one pound of beef suet chopped as fine as meal, one pound of sugar, one pound of stoned raisins; one pound of currants; three-quarters of a pound of citron; one nutmeg; one teaspoonful of allspice; one of cloves; two of mace; grate in the rind of two lemons. Mix the ingredients together very thoroughly; first the flavored suet, then the other articles. Beat up ten eggs, separately, add one gill of milk and one of brandy, a teaspoonful of soda. Tie the mixture in a well buttered cloth, or pudding-boiler, and boil for seven hours. Serve with brandy sauce.

PLUM CUSTARD PUDDING.

Four crackers, pounded fine; three pints of milk; five eggs; butter as large as an egg; half a teaspoonful of soda; sugar, salt and spice to the taste; this will fill a two quart dish, leaving room for a pint of raisins to be put in after it has cooked twenty minutes. It will take about three-quarters of an hour to cook it. It should be sent to the table immediately on being taken from the oven.

QUEEN OF PUDDINGS.

Six ounces of bread crumbs, one pint of milk, half a cup of sugar, the yolks of five eggs, a piece of butter the size of an egg, the grated rind of a lemon. Put it into a pudding-dish, but do not have it more than half full; bake it in a quick oven; when done spread it with any kind of cooked fruit or preserve. Beat the whites of the eggs, with a cup of white powdered sugar and the juice of the lemon; spread it over the top and put it in the oven to brown.

RAILROAD PUDDING.

One cup of warm molasses, stir in one teaspoonful of soda, one cup of chopped suet, stirred into four cups of flour, one cup of sweet milk, one cup of fruit, and a little salt. Steam three hours.

RICE PUDDING.

To one quart of milk take half a gill of rice, let it soak in water two or three hours; butter a pudding-dish, put in the rice and

MEMORANDA.

MEMORANDA.

milk, with a little salt, a small piece of butter and a cupful of sugar; nutmeg or any flavoring to suit. Bake it two hours, or until the rice is soft; stir it occasionally when first put into the oven and before it begins to brown on top.

ANOTHER.

Boil a gill of rice in a quart of milk, and when quite soft take it off and let it cool. Beat up four eggs, a cup of sugar, a little salt; flavor to suit; add a small piece of butter. Bake three-quarters of an hour.

RICE—BOILED.

Put into a milk boiler half a pound of rice, picked and washed, a little salt and half a pound of Sultana raisins; put a quart of water to it and let it boil until quite soft; it may require more water. A teaspoonful of cinnamon may be added. To be eaten with sugar and cream. By leaving out the spice and raisins you have a dish of plain boiled rice.

SPONGE PUDDING.

Three ounces of flour, one pint of milk, mix like starch; three ounces of sugar, boil and stir very smoothly; remove from the fire, add seven well beaten eggs while hot; flavor with vanilla. Pour the mixture into a well buttered dish, and bake in a pan of hot water one hour. Serve with wine sauce.

SUET PUDDING—BOILED.

One cup of suet chopped fine, a pint of milk, two or three eggs, a little salt, a teaspoonful of soda, and flour enough to make a stiff batter; mix it well together, and boil it four hours. Serve with wine sauce.

SARATOGA PUDDING.

A pint of sweet milk, four eggs, four tablespoonfuls of flour; mix the flour with a gill of the milk, warm the remainder of the milk with a piece of butter the size of an egg; stir in the flour and let it thicken a little. Remove from the fire and add the eggs. Turn into a pudding-dish and bake half an hour.

SAGO PUDDING—BAKED.

Boil three tablespoonfuls of sago in a quart of milk, add a little salt; when cooked take it from the fire and set to cool, stirring it occasionally. Beat four eggs very light with three tablespoonfuls of sugar, and stir it into the sago and milk; add a small piece of butter, and flavor with lemon or nutmeg. Bake it half an hour.

TAPIOCA PUDDING.

Made in the same way as the above, with the exception of using tapioca instead of sago.

TAPIOCA OR SAGO CREAM.

Two tablespoonfuls of tapioca or sago boiled in a quart of milk and a little salt. When the tapioca is boiled soft, remove it from the fire and stir in one egg and the yolks of three others, a cup of sugar and flavoring to suit. Put it on to boil ten or fifteen minutes, stirring it constantly. Beat up the whites of the eggs and stir it in just before removing it from the fire. Pour into a dish and serve hot or cold.

THREE-STORY PUDDING.

Take a pint of milk and make a blanc mange with half a tablespoonful of Sea Moss Farina or Irish Moss. Take a pint of milk to make a boiled custard with the yolks of three eggs, a teaspoonful of Mazena or corn starch, two tablespoonfuls of sugar, and a little salt and flavoring. Beat the whites of the eggs with three tablespoonfuls of powdered sugar. Pour the blanc-mange in the bottom of a dish and let it cool; then put over it the custard, and lastly the whites of the eggs beaten to a stiff froth.

SNOW PUDDING.

Half a box of gelatine dissolved in a little cold water; pour over it a pint and a half of boiling water; stir it well until it is all melted; half a pound of sugar, the juice of two lemons stirred into it; pour it into a two quart glass dish and set it away to cool; this should be made the day before it is wanted. Make a custard by boiling a pint and a half of milk; a teaspoonful of Mazena dissolved in a little of the cold milk, and a little salt; beat it with one egg and the yolks of four others, and three tablespoonfuls of sugar, add these to the milk while boiling; stir it constantly and remove it from the fire as soon as it begins to thicken. When cool flavor with vanilla. Keep the whites of the eggs in a cool place, and beat them to a stiff froth with a little powdered sugar just before sending to the table. When the jelly is stiff pour over it the custard, and the whites of the eggs on top.

ANOTHER.

Take half a package of gelatine (I think Nelson's the best, it is finer and dissolves sooner; it is put up in plain red papers, with a

yellow label), let it stand half an hour in a little cold water; throw that off and pour on a pint of boiling water; stir it until it is all dissolved; set it away in a cool place for an hour or so. Then beat very light the whites of four eggs, add slowly a cup of powdered sugar and the juice of three lemons; add to it the gelatine, and beat all together till it is like snow; it may take two hours. It should be made in a cool place. When done place it in a mould. It should be served with a boiled custard around it, made of the yolks of the eggs as in the previous one.

WHORTLEBERRY PUDDING.

To a pint of milk take a cup of bread crumbs, two cups of flour, two teaspoonfuls of Lewis' Condensed Baking Powder in the flour, a teaspoonful of salt and three eggs; make a stiff batter, then pour in a pint of berries; put it into a tin boiler that has been well buttered, and steam it three hours.

PEACH DUMPLING.

Peach dumpling is made the same as apple dumpling, using peaches instead of apples.

A PEACH PUDDING.

Is very nice made in the same way as a steamed apple pudding; allowing an hour and a half instead of three hours. They are very nice cut up and put into a deep pudding-dish, with plenty of sugar, and a nice crust on top, and baked.

PUDDING SAUCES

COLD SAUCE—Beat to a cream a quarter of a pound of butter, add gradually a quarter of a pound of sugar; beat it until very white; add a little lemon juice, or grate nutmeg on top.

This sauce is good with warm plum, apple or berry pudding.

A PLAIN SAUCE—A cup of sugar and one tablespoonful of flour mixed with a little cold water, and a little salt; pour over it half a pint of boiling water, set it over the fire, stir well, and let it boil a few minutes; add two tablespoonfuls of butter just before removing it from the fire. Grate nutmeg on top; a little lemon juice or a gill of wine may be added.

SAUCE FOR BOILED APPLE OR BERRY PUDDING—Three ounces of butter and half a pint of syrup; cut the pudding across twice, and put in the mixture while the pudding is hot.

MILK PUDDING SAUCE—A quarter of a pound of sugar, one egg beaten well with a large teaspoon of flour and a little salt; pour over this a gill and a half of boiling milk; stir well; boil up once. Flavor with lemon or vanilla.

LEMON SAUCE—One cup of sugar, half a cup of butter, one egg, one lemon, juice and grated rind, three tablespoonfuls of boiling water, put in a tin pail and thicken over steam.

COLD SAUCE—One cup of sugar, a piece of butter the size of an egg; beat to a cream; add a glass of wine and the white of an egg beaten to a stiff froth.

WINE SAUCE—A quarter of a pound of butter beaten to a cream with a quarter of a pound of sugar. Boil a gill of wine or brandy, and half a gill of water, mixed, and pour it over the sugar and butter. Send to the table immediately.

PUDDING SAUCE—A gill of milk or wine and water, a quarter of a pound of sugar, and two eggs beaten to a froth; pour the liquid, boiling hot, into the sugar and eggs; a little nutmeg.

COLD DISHES FOR DESSERT.

CALF'S-FOOT JELLY.

Scald four calf's feet only enough to take off the hair. Clean them nicely. When this is done put them into five quarts of water, and boil them till the water is half wasted; strain and set it away till the next day. Then take off the fat and remove the jelly, being careful not to disturb the sediment; put the jelly into a sauce-pan, and add a pound of white sugar, a pint of wine or brandy, three lemons, the whites of five eggs and the shells of the eggs; set it over the fire and stir frequently; let it boil twenty

minutes. Then take it off the fire and set it where it will keep hot, but not boil; turn in a cup of cold water, and let it stand fifteen minutes; take it off the fire and let it stand to settle; strain it through a jelly cloth, and if it is not clear strain it two or three times.

Pigs' feet, well cleansed, make quite as handsome a jelly as calves' feet, and it looks more glassy. Four feet will make at least three pints when it is done. Make it the same as calf's-foot jelly.

WINE JELLY.

Dissolve an ounce of Russia isinglass in a cup of cold water; sweeten and flavor a quart of good old Madeira wine, and add the isinglass. Heat it very hot, strain it through a jelly cloth into a mould, and let it stand six or eight hours.

ANOTHER.

Soak half an ounce of gelatine in half a pint of cold water for fifteen minutes; then add half a pint of boiling water; set it on the fire and keep stirring it till the gelatine is dissolved; add the juice of two lemons, a cup of white sugar, and wine enough to make a quart in all; strain it and set it to cool.

LEMON FOAM.

Take the yolks of six eggs, half a pound of powdered sugar, the juice and grated rind of two lemons, one-half ounce of isinglass or gelatine, dissolved in as small a quantity of cold water as possible; simmer over the fire until it thickens, having beaten them well together. Whip the whites to a stiff froth, add them to the mixture, when it is cold, having beaten them thoroughly together; pour into moulds.

MOSS BLANC-MANGE.

Allow half a teacupful of moss* to a quart of milk; wash it and pick it over very thoroughly; soak it several hours. Tie it up in a piece of muslin and boil it in the milk for half an hour; take out the muslin bag, drain it off and throw it away; pour the blanc-mange into a mould immediately, as it soon begins to harden. To be eaten with sugar and cream.

* I have found the Sea Moss Farina much nicer for blanc-mange; it requires one even tablespoonful to a quart of milk, sprinkled in and boiled slowly for twenty minutes, and then strained.

GELATINE BLANC-MANGE.

Take half a package of gelatine to two quarts of milk ; put it into half a pint of the milk to soften ; let it stand for half an hour ; then put the three pints of milk into a milk boiler, or tin pail set into a kettle of hot water ; when the milk boils stir in the cold milk and gelatine with a teaspoonful of salt. Stir it steadily for a few minutes, till the particles of gelatine are dissolved ; flavor with lemon or vanilla ; pour it into moulds, and set it away to cool.

CHARLOTTE RUSSE.

Put one ounce of gelatine to half a pint of milk to simmer. Beat the yolks of four eggs with four ounces of white sugar ; beat the four whites to a strong froth ; one pint of rich cream, and one wine-glass of white wine to a strong froth. When the gelatine is dissolved, stir it into the eggs and sugar, then add the whites and then the cream, and beat them all together ; flavor with vanilla. Line a mould with lady-fingers or slices of sponge cake, and set it on the ice. When the cream is well set, that is when it is a little thick, fill up the mould ; let it stand about five hours. Turn it out on to a dish.

ITALIAN CREAM.

Take three pints of cream or rich milk, half a pound of white sugar, flavor with lemon or vanilla, and add one paper of gelatine. Stir constantly until it boils ; beat up the yolks of eight eggs ; stir them into the boiling milk ; strain it into moulds, and let it stand upon ice five or six hours. Serve with sugar and cream.

TIPSY PARSON.

Take slices of sponge cake or lady-fingers, put them into a deep dish, and pour over it as much wine as the cake will absorb, and fill up the dish with a rich boiled custard.

FLOATING ISLAND.

Make a rich boiled custard, using the yolks of the eggs only ; let it cool ; turn it into a dish. Beat up the whites of the eggs with some powdered sugar to a stiff froth ; put it on top of the custard in large spoonfuls.

ORANGE JELLY.

Make a syrup with a pint of water and one pound of loaf sugar, boil it with the thin rind of four oranges and two lemons, skim it carefully, and add the juice of eight oranges, and let it boil about

twenty minutes; skim, and add the juice of a lemon and either a pint of calf's-foot jelly or gelatine; stir it well. Peel a couple of sweet oranges, removing every particle of skin of both kinds; cut them in slices and remove the seeds. Proceed to fill the mould, disposing pieces of oranges in it in a symmetrical fashion; when set, turn it out by dipping the mould in warm water. The slices of orange may be left out if preferred.

COMPOTE OF ORANGES.

Put a handful of loaf sugar to boil with a gill of water in a saucepan; when it boils add the rind of three oranges chopped fine. Let the whole boil five minutes, add a glass of brandy, and pour the syrup hot over half a dozen oranges that have been peeled and sliced with the seeds picked out. The syrup may be strained if preferred. Leave the oranges in a dish with the syrup till quite cold.

ORANGE SALAD.

Peel one dozen oranges, and cut in slices, pick out all the seed, put them in layers in a glass dish, sprinkling each layer with sugar and grated cocoanut. Squeeze over the whole the juice of six oranges, and pour over all a glass of wine or brandy.

GELATINE APPLES.

Peel and core six apples and cut into quarters; put them in a kettle with a pint of water, sugar, sliced lemon and green ginger, a little whole mace and six whole cloves; boil until tender; then remove the apples, and put into the syrup one tablespoonful of gelatine, dissolved in a little cold water, and let it boil down three minutes, then pour the syrup over the apples. Let it stand to cool.

RENNET CUSTARD.

Procure prepared rennet wine or get some pickled rennet from the butcher. If you get the last, wash it well to free it from all salt. Take a piece of the rennet three inches square, put it in a teacup with lukewarm water to cover it; let it stand twelve hours, then pour the water from it into a quart of warm milk, cover it and place where it will keep warm until the curd and whey separate. Pour off the whey, which is nice for a sick person. The curd put in custard cups with wine and sugar, and grate nutmeg over it. In using the rennet wine, place the milk over the fire, letting it

come to the boiling point, then at once pour in the wine in a very slow, steady stream, until you see the whey separating from the curd—use as before. Put the curd on ice, adding the wine, sugar and nutmeg just as it is served.

CHOCOLATE CORN STARCH.

Pour one pint of boiling milk over a quarter of a pound of grated chocolate; dissolve three tablespoonfuls of corn starch, three eggs well beaten, a pint of cold milk, and add with three tablespoonfuls of sugar, a teaspoonful of vanilla extract to the melted chocolate; let boil together one minute, stirring briskly; pour into moulds and serve cold.

A NICE DISH OF RICE.

Boil a teacup of rice till quite soft; sweeten with powdered sugar, and pile up on a dish; spot it with square lumps of jelly; beat the whites of five eggs with a little sugar, and flavor with lemon or vanilla; pour it over the rice.

APPLE FLOAT.

Stew one pound of dried or evaporated apples until soft and tender; add half a pound of sugar, the juice and grated rind of a lemon. When the fruit is sufficiently cooked put it in a dish to cool, stirring it often. When it is cool, put it into a glass dish and have the whites of six or eight eggs well beaten to a froth, and pour over the apple. Serve with cream or very rich milk.

WHIPS.

Take a pint of rich cream, sweeten and flavor it to the taste, put it in a shallow dish, and set it on the ice awhile, and it will whip much sooner; place the whip syringe quite to the bottom of the dish, and move it very quickly as the froth arises; lay it on a sieve to drain; put a spoonful of jelly or jam in the bottom of your glasses, and fill with the whip.

LEMON JELLY.

Dissolve a package of gelatine in a little cold water; let it stand fifteen or twenty minutes; then pour over it a quart of boiling water; stir it until it is dissolved; then add two cups of white sugar and the juice of five or six lemons; strain it through a muslin bag.

ORANGE JELLY

Is made in the same way, by substituting orange juice for lemon.

A GERMAN TRIFLE.

Put a pint of strawberries, or any other fresh fruit, in the bottom of a glass dish. Sugar the fruit, put over it a layer of macaroons; and pour over it a custard made of a quart of milk and the yolks of eight eggs beaten, sweetened to taste, and scalding hot. When cold, place on the top the whites of the eggs beaten to a froth with a little sugar, or cream whipped to a froth. The egg may be ornamented by beating currant jelly with part of it, and putting it in alternate hills of white and pink.

ICE CREAM.

DIRECTIONS FOR FREEZING ICE CREAM, WATER ICES, FROZEN PUDDINGS, &c.

Break the ice in small pieces; it is a good plan to have a strong bag made of canvas, and you can then crush the ice with less trouble; break it very small. Have equal quantities of rock salt—there is a fine rock salt on purpose for making ice cream—two quarts is sufficient for freezing three or four quarts of ice cream. Put in a layer of ice in the bottom of the tub, then a layer of salt; put in the freezer and fill in with alternate layers of ice and salt till it reaches the top. Stir it until it is frozen; it depends very much upon the kind of freezer you have the length of time it will take. You can make it in a tin kettle but it will take a long time and more ice and salt. There are several varieties of freezer; the more modern one with a crank is considered the best. If it is made in an old-fashioned freezer the cover should be removed frequently, and the cream scraped from the sides in order to have it freeze evenly.

If it is to be put into moulds, fill them quite full, shut them tight, and pack them in ice and salt, covering them entirely; then throw over a piece of carpet to keep the air out. Put it in a cool place. When you wish to send it to table take out the mould, wipe it, turn over it some boiling water, and wipe it again very quickly. Remove the cover and turn it into the dish.

MADE OF CREAM.

To a gallon of cream allow two pounds of loaf sugar ; flavor it to the taste. The flavoring must be quite strong as the freezing destroys it in part.

MADE OF MILK.

To a gallon of milk allow twelve eggs, four pounds of sugar ; boil half the milk, turn it into the egg and boil up once ; add the cold milk, and set it away to cool ; then add flavoring and freeze.

ANOTHER MODE.

Mix four teaspoonfuls of arrow-root or corn starch with a little milk ; boil two quarts of milk, and stir the arrow-root into it ; let it boil until it begins to thicken ; then add two quarts of cold milk, three pounds of sugar and flavoring to the taste. Let it cool before freezing.

BANANA ICE CREAM.

Make a cream of milk and eggs, well sweetened, and to two quarts of cream, stir in six large ripe bananas that have been well mashed ; freeze.

Peaches or ripe fruit of any kind can be used in the same way as the bananas.

LEMON ICE.

Make a very rich lemonade ; allow six or eight lemons to each quart of water ; make it very sweet. Freeze it.

ORANGE ICE

Is made in the same way, using orange juice instead of lemon.

ROMAN PUNCH.

Make the punch with wine and brandy, sugar and lemons ; it should be very strongly flavored, as in freezing it diminishes one-half.

A DELICIOUS FROZEN PUDDING.

Freeze a cream of any kind as for ice cream. Place in the bottom of the mould a layer of ice cream, then a layer of any kind of preserved fruit, or large strawberries, then a layer of ice cream, and so on until the mould is full ; then cover with a cloth, and put the tin cover on very tight. Pack it in salt and ice for four or five hours. Brandied fruit of any kind is nice in these puddings.

TO MAKE EXTRACT OF VANILLA.

One gallon of proof spirits (not alcohol) to one pound of vanilla beans ; crush the beans in a marble mortar, and put it into the spirits. Let it stand five or six weeks, shaking it occasionally. Strain it off as wanted.

TO MAKE LEMON EXTRACT.

To one pint of alcohol take two ounces of oil of lemon ; let it stand five or six weeks, shaking it occasionally.

CELERY FLAVORING.

Soak for a fortnight half an ounce of the seeds of celery in a pint of brandy. A few drops of this will flavor a pint of soup nearly as well as if a head of celery was stewed in it.

PASTRY.

A GOOD PLAIN CRUST.

To one pound of flour allow half a pound of lard, and a quarter of a pound of butter, or half lard and half butter ; sift the flour and put into it one-third of the shortening and a little salt, and mix with cold water or ice water. Flour the board, roll out the paste quite thin ; spread as much of the shortening on the paste as you can ; dredge on flour ; cut it in quarters and lap them one over the other ; roll it again and spread as before until you have used it all ; then roll the paste up and use as required.

PUFF PASTE.

To each pound of flour allow a pound of butter ; mix half of the butter with the flour, and just ice water enough to mould it ; roll it out quite thin, and put on half the butter that remains in small bits ; dredge this with flour ; roll up the paste, then roll it out again, thin ; put on the rest of the butter, and roll up as before ; repeat this until the butter is all used up. It must be done quickly ; be careful not to handle it any more than you can possibly help. Put it on the ice to keep cool, until you are ready to use it.

APPLE PIE.

Peel, quarter and core eight large apples to make two large pies, and put them into a sauce-pan with a very little water. Let them stew until they are quite soft, and then turn them into a dish to cool. While they are hot add a small piece of butter, a cup of sugar, a little nutmeg, or the grated rind of a lemon. Let it stand to cool before filling your pies. Line the plate with the crust, fill with the apple, and put on an upper crust.

SLICED APPLE PIE.

Allow four apples to a pie ; it may take more or less according to the size of the plates. Pare, core and slice them very thin. Line the plate with crust, put in a layer of apple, sprinkle it with sugar, a little salt, nutmeg, cinnamon or lemon peel grated, and a very small piece of butter ; then another layer of apple and seasoning ; put in about a tablespoonful of water or sweet cider ; cover it with a good crust, with two or three slits cut in the middle, to prevent it boiling over. It should bake slowly in order to have the apple cooked when the crust is done ; try the apple with a fork.

MINCE PIE.

Take six pounds of beef and boil it three hours. Set it away to cool. When cool cut it up and pick out all the fat and gristle, and chop very fine ; chop one pound of beef suet very fine, four pounds of stoned raisins, chopped, two pounds of currants, and one pound of citron cut in small pieces, two pounds of sugar, a pint of good molasses, a pint of brandy and wine mixed, the juice and rind of two small oranges, half a cup of salt, a tablespoonful of nutmeg, one of mace, one of cinnamon, one of cloves and one of allspice. Put this all into a large pan, mix it well together with the hands and let it stand over night. When you wish to bake it, take as much finely chopped apples as you do meat. Mix it up well and let it stand an hour. If it is not quite sweet enough add a little more sugar, and a little wine or brandy. Put the remainder of the meat into a jar for future use, and turn on a little more brandy. Cover it tight, to keep the air out. When more is required for use, add the same proportion of apple, with wine or cider to moisten the meat.

ANOTHER MINCE PIE.

Boil four pounds of beef, off the round, about three hours. When done set it away to cool. Allow one pound of suet, four pounds of fruit, half a pound of citron, a pound and a half of sugar, a pint of molasses, wine and brandy if you choose, about two ounces of spice in all, two large tablespoonfuls of salt. Chop the beef and suet and mix together, and to a bowlful of meat allow two of chopped apple (they must first be peeled and cored). Add the fruit, spice, &c., as above directed. The juice and grated rind of a lemon or orange may be added. If cider is used, it should not be put in until you wish to bake them, and more sugar must be added. They are very apt to spoil if cider is used.

SQUASH OR PUMPKIN PIE.

To a quart of boiled milk put a pint of strained squash, two cups of sugar, four eggs, a little salt, ginger or nutmeg to the taste, and a small piece of butter melted in the hot milk. To mix it, pour the milk over the strained squash, then add the salt and sugar, then the spice, and lastly, the eggs, which should be well beaten. Two or three eggs and a pounded cracker may be used. Bake with a bottom crust only.

CUSTARD PIE.

For each pie take a pint of milk, scald it, and add three eggs, two tablespoonfuls of sugar, a little salt, flavoring, and a small piece of butter. Bake in tin plates, with one crust.

RHUBARB PIE.

Take the rhubarb and wipe it with a damp cloth, peel it and cut in very small pieces; put it into a sauce-pan and allow half a pound of sugar to each pound of rhubarb, but no water; stew it slowly; when done, turn it into a dish and set it away to cool. Line the plates with paste, put in the sauce, and cover with an upper crust. For tarts, put strips across, instead of an upper crust.

GOOSEBERRY PIE OR TART.

Pick off all the stalks and little blossoms, and put them on to stew after they have been washed; a very little water may be put in the bottom of the sauce-pan to prevent its burning. To each quart of gooseberries allow three-quarters of a pound of sugar.

When they are all broken add the sugar, and let them cook for a few minutes longer. To prepare for tarts, a little more water should be put to the berries; they should then be strained, and to each pint of juice put a pound of sugar, and boil it fifteen minutes. Line the plates with paste, fill them with the gooseberries, and put on the strips or an upper crust.

CRANBERRY PIE.

It should be made in the same way as for gooseberry, allow the same quantity of sugar and a little more water. Jelly for tarts should be made in the same way as for gooseberry.

BERRY PIE.

Line a deep plate with paste; fill it half full with berries, and add two tablespoonfuls of sugar, a little salt, a small piece of butter, and a little nutmeg; fill up the plate with berries and a little more sugar; a tablespoonful of water or molasses may be added. Cover it with a good paste and cut two or three slits in it. Bake it one hour.

LEMON PIE.

For each pie take two large tablespoonfuls of lemon juice, one cup of sugar, two eggs, one tablespoonful of grated apple and a little of the lemon peel, grated.

MOTHER'S LEMON PIE.

Juice and grated rind of one lemon, one cup of white sugar, one tablespoonful of butter, two tablespoonfuls of sweet milk or cream, four eggs. Mix it all as carefully as a cake. If the mixture is not sufficient to fill the pie plate, add more milk. If you want it super-excellent, beat the whites of two eggs with two tablespoonfuls of powdered sugar for a meringue; spread it on smoothly after the pie is baked, and set back into the oven to brown slightly.

SUMMER MINCE PIE.

Four crackers pounded fine, one and a half cups of sugar, one cup of molasses, one cup of cider, two-thirds of a cup of butter, one cup of chopped raisins, one-half cup of currants, two eggs well beaten and stirred in the last thing; spice to the taste.

COCOANUT PIE.

Grate one pound of cocoanut and two stale rusks; rub together one-half pound powdered sugar and one-half pound butter; beat six eggs, or the whites only of twelve eggs, very light; stir them into the sugar and butter alternately with the cocoanut and rusk; add lastly four tablespoonfuls of milk; bake in a rich puff paste.

ANOTHER.

One good-sized cocoanut grated fine, one cupful white powdered sugar, three tablespoonfuls of flour, two eggs, some nutmeg, two cupfuls of new milk, one tablespoonful good fresh butter; bake on a single crust. This makes two pies of ordinary size.

PINEAPPLE PIE.

A cupful of sugar, half a cupful of butter, one of sweet cream, five eggs, one pineapple, grated; beat the butter and sugar to a cream, add the beaten yolks of the eggs, then the pineapple and cream, and lastly, the beaten whites, whipped in lightly. Bake with under crust only.

WASHINGTON PIE.

Beat half a pound of butter to a cream, add three-quarters of a pound of sugar; a cup of cream or sour milk, half a teaspoonful of soda, six eggs beaten well, nutmeg or flavoring to the taste; add a pound of flour. Bake it in round tin jelly pans and spread it very thin. Bake fifteen or twenty minutes; put them on a plate and spread over each a layer of marmalade or any kind of jelly, and cover it with another cake. Frost it or not as you please. If you prefer they can be baked on deep tin plates, and the cake split while hot and spread between.

GOOD PIE CRUST.

A quart of flour will make four large pies. Sift the flour and stir in a quarter of a pound of butter and a teaspoonful of Lewis' Condensed Baking Powder, then moisten with ice water if you have it, using just as little as will make the flour stick together. The secret of good tender paste is speedy work. Do not work it with warm hands.

JELLIES, PRESERVES, &c.

CURRENT JELLY.

The currants should be ripe and freshly picked and the jelly should be made before the 20th of July. Pick them from the stems and put them into a preserving kettle without any water; let them stew gently; remove from the fire when they begin to turn white, and press them through a strainer cloth to extract the juice; to each pint of juice take a pound of sugar, it is better if it can be put into the oven and dried, and put hot into the currant juice. Boil it fifteen minutes after the sugar is added. Dip it slowly into your jelly glasses, having a wet cloth wrapped around each to prevent it from cracking when the hot jelly is put into it. Some think it an improvement to put a quart of raspberries to half a peck of currants.

ANOTHER.

Take a strong cloth; mash the currants with a wooden spoon until they are thoroughly broken; then put as many into the cloth as you can squeeze at one time; wring them very hard. When the juice is all extracted, measure, and allow to each pint of juice a pound of sugar. Put the juice on in the preserving kettle and let it simmer ten minutes; then add the sugar, and boil fifteen minutes. Dip it into the jelly glasses, and let them stand three or four days exposed to the sun. Wet a paper with brandy and lay on top of the glass. Paste a paper over the top if you have not covers to your glasses.

GRAPE JELLY.

Strip from their stalks some fine ripe grapes, and stir them with a wooden spoon over a gentle fire until all have burst and the juice flows freely from them. Strain it off through a jelly cloth or bag. Measure, and to each pint of juice allow fourteen ounces of sugar. Put the juice on to boil for twenty minutes; then stir in the sugar and boil fifteen minutes longer, keeping it constantly stirred and well skimmed.

BARBERRY JELLY.

Pound the berries in a dish with a mortar pestle, or a masher, a few at a time, to extract the juice; put them into a kettle with just a trifle of water; scald them a little to make them press well.

MEMORANDA.

MEMORANDA.

Measure the juice, and allow to each pint a pound of sugar. Boil the juice up once, and just before putting the juice on the fire, put the sugar into the oven to dry; add the sugar to the juice and boil seven minutes after it commences to boil. Spoon the jelly hot into the glasses.

CRAB-APPLE JELLY.

Put the apples into a kettle with just water enough to cover them, and let them boil until they are very soft; mash them up, and strain them through a very coarse hair sieve. Take a pound of apple to a pound of sugar, boil it twenty minutes, and put it into jars.

QUINCE JELLY.

Take the skins and cores of quinces, cover them with water, and let them boil about two hours; strain them through a fine sieve; measure, and to each pint allow a pound of sugar; boil it twenty minutes.

APPLE JELLY.

Boil the apples in a very little water; strain it through a bag or fine sieve. Take as much sugar as there is apple juice, and boil fifteen minutes; add the juice of two lemons. Pour into moulds to cool.

STRAWBERRY JELLY.

Press the juice from the berries; strain it through a jelly bag, measure, and to each pint of juice allow a pound of sugar; boil the juice ten or fifteen minutes before adding the sugar; then boil fifteen minutes.

GOOSEBERRY OR CRANBERRY JELLY.

Boil the berries in a very little water until they are soft; then squeeze them through a cloth or jelly bag; and allow to each pint of juice a pound of sugar, and boil it fifteen or twenty minutes.

STRAWBERRY JAM.

Mash the berries with a wooden spoon; put them into the preserving kettle, and let them cook ten minutes; then add the sugar, allowing a pound and a half of sugar to each quart of raw berries, or a pound of sugar to each pint after it is stewed.

BLACKBERRY AND RASPBERRY JAM.

Is made in the same way as for strawberry jam.

QUINCE MARMALADE.

Take the quinces, skins and cores; cover with water and boil two hours or more; take them from the fire and when cool enough to put your hand in, press through a hair sieve a few at a time; to a pint of quince take a pound of sugar; boil for fifteen or twenty minutes. Put it in shallow square wooden boxes made for the purpose, or in square dishes. Cut in slices when wanted.

PRESERVED QUINCE.

The orange quince is the best to preserve. First take the quinces and wipe them with a damp cloth; remove all specks and wormy places; put them on the fire with sufficient water to cover them; let them boil a short time, or until the skin is tender; take them out as they are done, and when cool enough, pare and cut them in rounds and remove the cores; take all the best looking pieces to preserve, and take all the odds and ends for the marmalade or jelly. Keep the water they were boiled in to make the syrup; strain it through a cloth. Weigh the quince you wish to preserve, and allow a pound of sugar to a pound of quince. Make a syrup of the sugar wet with the water the quinces were boiled in, allowing a pint to three pounds of sugar; clarify it and put in the slices of quince, a few at a time; cook them till they are soft. Put them into the jars and when all are done, strain the syrup on to them.

PEACHES—PRESERVED.

Remove the skin from the peaches by pouring boiling water on them a few at a time, and you can then peel them like potatoes; then weigh them, and allow to each pound, a pound of sugar. (If you wish to have what is called Fresh Peaches, allow a quarter of a pound of sugar to a pound of fruit.) Make a syrup of the sugar in the proportion of a pint of cold water to three pounds of sugar. Skim it and let it clarify. Put the peaches, a few at a time, into the hot syrup and cook them until they are soft; try them with a straw and if you can feel the stone they are done. Put them in jars, and pour the syrup hot over them. Seal tight.

FRESH PEACHES.

Peel them as directed above. They can be put up whole, or in halves, and the pits removed. Make a syrup of two pounds of sugar and a quart of water, to cook them in; boil them until they

are soft. Having weighed them first, allow to each pound of fruit a quarter of a pound of sugar, and make a clear syrup, allowing a quart of water to a pound of sugar; put the peaches hot into the jars,* and fill the jars with hot syrup; if you have not enough syrup add boiling water. Seal tight while hot. The syrup the peaches are boiled in can be used for apples or something else.

BRANDY PEACHES.

White peaches of a moderate size are the best for these preserves. Do not get the cling-stones. Remove the skins as directed above, weigh the peaches, and to twelve pounds of fruit allow eight pounds of sugar; take three pounds to cook them in, and five to make the syrup. Put a quart of water to three pounds of sugar, and cook the peaches in it until soft; take them out on a dish and let them cool. Make a clear syrup of five pounds of sugar, allowing a gill of water to a pound of sugar; boil it down until clear. Put the peaches into the jars; do not use the reddish liquor that oozes from them; fill them two-thirds full; fill up the jar with the syrup allowing to each cup of syrup a cup of brandy, or brandy and pure spirits mixed. This should be mixed while the syrup is hot, for if left to cool it will become candied.

SWEET PICKLED PEACHES.

Remove the skin from the peaches by pouring over them boiling water, a few at a time. Weigh them. To each pound of fruit allow half a pound of sugar, and half a pint of vinegar; make a syrup of the sugar and vinegar; while this is clarifying, put into each peach four whole cloves, and when the syrup is ready put the peaches in, a few at a time, and cook them. Put them into jars; pour over the liquor hot. In a few days scald the syrup and pour over again; if you have not enough to cover them make a little more.

PLUMS.

GREEN GAGES OR EGG PLUMS.—Weigh the fruit and allow a pound of sugar to a pound of fruit. Make a syrup of a pint of water to three pounds of sugar. Put in the plums and cook them. It is almost impossible to cook plums whole, for, in order to have them keep, they should be well cooked. Take them out when

*Wring a towel or cloth out in hot water, and wrap around the jar, having several thicknesses at the bottom, and set the jar in a pan or dish, and fill with the hot fruit or liquid, without fear.

done and boil the syrup ten or fifteen minutes longer. Pour it over the plums. It is an improvement to scald the syrup over once or twice.

DAMSON OR ANY DARK PLUM.

Take a pound of sugar to a pound of fruit; make the syrup as before directed. Put in the plums and cook them about half an hour. Put them into jars and pour over the syrup while hot.

SIBERIAN OR CRAB-APPLES.

Wipe them; leave the stem on. Weigh and allow a pound of sugar to a pound of fruit. Prick the apples with a large needle; this will prevent the skin from cracking. Make a syrup of the sugar; when clear, put in the apples, and boil them twenty minutes. Take them out and lay them on a dish to cool; put them into jars, and strain the hot syrup over them.

PINEAPPLE.

Peel the pineapple, and carefully remove all the little prickly eyes; slice it about half an inch thick; weigh it; and to each pound take a pound of sugar. Put the pineapple in a dish, sprinkle the sugar over it, and let it stand over night. Then put it into the kettle, and boil it until the apple is tender. Take out the apple, and give the syrup one boil, then pour it over the fruit.

PRESERVED CITRON MELON.

Peel the melon, take out the inside, and and cut it in small pieces, about two inches long and one wide. Weigh and allow a pound of sugar to two pounds of melon. Or you can weigh it after it has been boiled in alum water, and then allow a pound of sugar to a pound of melon. Put a piece of alum in some water, and boil the melons in it till quite tender; drain it, put it into a dish, sprinkle the sugar over it and between the pieces and let it stand over night. The next day pour off the syrup; cut up two lemons in small pieces, removing the seeds, and put into it, also some preserved ginger, and boil until clear; then put the melon in, and boil ten or fifteen minutes; take it out on a dish to cool. Put into jars, and pour over the syrup. Seal them tight.

PEARS—PRESERVED.

Peel the pears and core them; cut them in halves. Weigh them; take a pound of sugar to a pound of fruit. It is best not to have them too hard; if so they should be boiled in water first. Make a syrup of the sugar, put in some preserved ginger, and lemon sliced, to flavor it. Boil the pears until quite soft; take them out in a dish to cool. Boil the syrup ten or fifteen minutes longer.

FRESH PEARS.

Take nice ripe Bartlett pears. Pare them and cut in halves and core them; weigh, and to each pound of fruit allow six ounces of sugar. Cook the pears until they are soft in a little sugar and water. Make a syrup of sugar and water, and put the pears, and syrup, hot into the jars; seal immediately.

PICKLED PEARS.

Put up the same as for sweet pickled peaches. Any kind of fresh fruit can be put up in the same way.

SPICED CURRANTS.

Pick the currants from the stems. Weigh them, and to each pound of currants take half a pound of sugar; wet it with a little vinegar; to six or eight pounds of currants take six teaspoonfuls of cloves and the same of cinnamon. Dissolve the sugar and vinegar, put in the currants and spice, and let them boil half an hour. Put them in glass bottles; stop very tight.

BARBERRIES.

One pound of sugar to one pound of barberries, half a pint of water; put the sugar and water to boil; skim it; put in the barberries, and let them cook an hour or two, or until the syrup is thick; skim out the barberries into jars, with syrup enough to keep them. Strain the rest of the syrup through a cloth; put it into bottles, cork and seal them. This makes a very nice drink with ice water.

BAKED PEARS.

The common early pears are very good; put into a jar without paring, and with a teacup of molasses to every two quarts of pears. But little water is necessary. Bake them five or six hours in a brick oven; two in a range or stove. If you wish them more delicate, pare them, and put a teacup of sugar instead of molasses. A lemon or two added, is an improvement.

TO PUT UP TOMATOES.

The tomatoes should be fully ripe and clear of imperfections; scald them and remove the skin. Stew them perfectly as for the table, without salt; fill the hot jars with it, leaving out most of the water, and close hot. In stewing the tomatoes they must be constantly stirred to avoid burning.

CUCUMBER PICKLES.

Make a pickle, or brine, in a clean tub, that will bear a small potato; wash the cucumbers and put them in; cover with cabbage leaves, and place something heavy on the top to keep them under the brine; let them lie in this as long as you wish. To make a few at a time, take them out and let them remain in cold water over night; then put half vinegar and half water, and a small piece of alum in the kettle with the pickles, and set them on the back of the range. Be careful not to let them boil. Turn them over every fifteen minutes, so they will all get done through; you can tell by breaking one in half, and if it is green it is done. Take them out, put in a stone jar, throw away the vinegar, put in fresh vinegar, with some cloves, peppers and allspice, a few of each; let it boil up, and throw it over the pickles in the jar, and then cover. They will be ready for use in a few days. Can be kept a year if desired.

PICCALILY.

Chop two pecks of green tomatoes, six green peppers, four onions, one cup of salt; let them stand over night. In the morning drain them off, put them into a kettle with a teacup of brown sugar, two ounces of black and white mustard-seed and celery-seed, one ounce black pepper, teaspoonful of red pepper, a few cloves, allspice and a little cinnamon, and cover the whole with vinegar. Let it boil two or three hours. It improves it to put four ounces of horseradish.

CHOW-CHOW.

Take three heads of cabbage, a dozen peppers, half a pint of mustard-seed and grated horseradish; cut the cabbage fine, chop the peppers, and then put into the jars a layer of cabbage, then a layer of peppers, then a little salt, and sprinkle a little horseradish and mustard-seed over it, and so on, until it is all in the jar; then cover the whole with cold vinegar; to every quart of each dissolve two tablespoonfuls of brown sugar.

MIXED PICKLE.

Take any thing that can be pickled, such as onions, sliced cucumbers, cabbage, mangoes, peppers, small green tomatoes, cauliflowers, martinoes, celery, green beans, nasturtiums, water-melon rind, small green cucumbers, and Chili peppers. Lay them in salt and water, with enough turmeric to turn them yellow. Let them stand twenty-four hours, stirring frequently; then drain and dry them, and put them into the jars. To every quart of vinegar allow a tablespoonful of mustard-seed, one of turmeric, and one of whole black peppers, some garlic, if you like. Spice to your taste with mace, cloves, ginger, red pepper and horseradish. Boil all but the mustard-seed in a bag with the vinegar; let it stand till cold. Boil some eggs quite hard, mash them in enough sweet oil to make a paste; then stir it into the vinegar, and pour over the pickles. Put a handful of salt to every jar. Let them stand three days, covered tight, and they will be ready to use.

MARTINOES.

Gather them while they are small and tender. Wipe off the down and put them into a brine; let them remain in it two or three days. Make a pickle of vinegar, with a small bag of cloves and allspice. Take the martinoes out of the brine and lay them into a jar; pour the vinegar and spice boiling hot over them; cover them close, and let them stand for one month, and they will be fit for use.

MANGOES.

Cut out a small strip at the side, and take out the seed with a teaspoon; fill them with chopped onion, peppers, horseradish, mustard-seed, cloves and allspice. Sew on the piece taken out, and prepare them the same as for cucumbers; they should remain in the salt and water forty-eight hours.

GREEN TOMATOES.

The same as for cucumbers; a few green peppers can be put in with them.

GREEN PEPPERS.

Take fresh hard peppers; take out the seed and fill each one with chopped cabbage, onion and whole mustard-seed; put on the top that you remove to take out the seed, and to fill it; tie it on with a string to keep the stuffing in, and put them into salt and water;



let them remain in it forty-eight hours. Then pour over them hot vinegar. They can be put into the salt and water before the chopped cabbage is put into them if preferred.

TOMATO CATSUP.

To one peck of ripe tomatoes, put one pint of salt. Slice the tomatoes and sprinkle the salt over them; let them remain thirty-six hours; then boil them gently for an hour; strain through a coarse sieve; then add one ounce of garlic, two ounces of cinnamon, one ounce of cloves, one ounce of nutmeg, one ounce of pepper, two ounces of mustard. Let it boil twenty minutes; strain and add one pint of brandy. When cold, bottle it.

ANOTHER.

Take one peck of ripe tomatoes, skin them and stew them gently for two hours. Strain and set away to cool over night uncovered. The next day boil them from two to four hours, or until they begin to thicken. When nearly done add the spice. Half a teacup of salt, a tablespoonful each of ground cloves, allspice and cinnamon, a teaspoonful of mace, one of black pepper and a pinch of cayenne pepper. If the spice is not well blended add a little more when cool. Set it to cool uncovered; then when thoroughly cool, boil again till thick enough to bottle. Add a few whole cloves when done, and set to cool over night. Then bottle. It will take part of two or three days to make it, but it will keep for years.

SAUCES.

OYSTER SAUCE.

Take a quart of oysters; pick them, and strain off the liquor. Mix a quarter of a pound of butter with a tablespoonful of flour; put the liquor of the oysters into a sauce-pan, and add enough water to make half a pint in all, and a little salt, pepper and nutmeg; let it boil, then stir in the flour and butter, with a cup of milk; let it boil up once, then add the oysters, and boil up. Serve in an oyster dish.

OYSTER SAUCE.

One pint of oysters, half a lemon, two tablespoonfuls of butter, one teaspoonful of flour, one cup of milk or cream, a little pepper. Pick and strain the oysters; boil the liquor if you have a gill, if not add water to make it; stir in the flour, butter, lemon and oysters, whole or chopped, as you prefer, and lastly the milk, and let it come to a boil. This is nice with boiled fish, or any kind of boiled meat or poultry.

DRAWN BUTTER SAUCE.

Two ounces of butter, beaten smooth, with one tablespoonful of flour, one teacup of boiling water; mix all together; set over the fire, stir constantly until it boils; add a little salt, pepper and a hard-boiled egg, chopped fine. Half a pint or a pint of oysters may be added instead of the egg for boiled fowl or capon.

MINT SAUCE.

Two tablespoonfuls of finely chopped mint, two tablespoonfuls of powdered sugar, four tablespoonfuls of vinegar; let it stand one hour.

CELERY SAUCE.

Chop fine a head of celery, put it into a sauce-pan with a pint of water, a little salt and a few pepper corns. Boil it well. Braid a tablespoonful of flour with two ounces of butter; stir it in with half a cup of cream or milk; add the seasoning, and boil up well.

BREAD SAUCE FOR PARTRIDGES, &c.

Very small cup of chopped onion, boiled in water until quite soft, strain off the water. Boil one pint of milk, pour it over a cup of bread crumbs, two ounces of butter, a little salt, pepper and mace; stir in the onion, boil up once, and serve hot.

LOBSTER SAUCE FOR FISH.

Open the lobster; take out all the meat, chop fine, and put it into a sauce-pan with a pint of boiling water, a quarter of a pound of butter, braided with two tablespoonfuls of flour, a gill of vinegar, a little salt and pepper; boil up once, and serve hot.

OLIVE SAUCE FOR DUCKS, &c.

Carefully stone a quarter of a pound of olives by paring them in ribbons, so that the olives may recover shape when stoned.

Blanch them, and throw them into cold water, let them soak till freshened; then stew them slowly for half an hour in a half pint of brown gravy. Add more gravy if needed. A little lemon juice is sometimes added, but is disapproved by those who like the native flavor of the olive. It may be given at table.

CHESTNUT SAUCE—WHITE AND BROWN.

Throw half a pound of fresh chestnuts, stripped of the outer rind, into boiling water; scald for five minutes and peel them. Stew them till quite tender in gravy with a bit of lemon peel, and rub them with the gravy through a hair sieve, as if pulping peas. Season with white pepper and cayenne and add a cupful of cream. Just boil up the sauce, stirring it till it boils, and serve. The brown sauce is stewed in rich brown gravy, is more poignantly seasoned, and has no cream.

PARSLEY AND DRAWN BUTTER.

To half a pint of drawn butter add two tablespoonfuls of nice green parsley, chopped with a knife on a board; give it one boil. Served with boiled chickens, lamb, mackerel, or bluefish.

CAPER SAUCE.

To three gills of good drawn butter add a gill of capers, or nasturtiums, pickled; give it one boil. Be sure and stir it all the time for fear of oiling.

EGG SAUCE.

Boil four eggs, ten minutes; drop them into cold water; shell them, and chop fine; stir into drawn butter; give it one boil.

SHRIMP SAUCE.

Cut up in small pieces a dozen shrimps; add half a pint of drawn butter, a little pepper and salt, and a tablespoonful of vinegar; give it one boil. Served with any kind of boiled fish.

MUSHROOM SAUCE.

Soak, peel, and wash clean, a dozen mushrooms, cut them in small pieces, stalks and all; cut up two onions very fine; put into a sauce-pan two tablespoonfuls of butter; let it melt; put in the onion, stirring it all the time; add a gill of vinegar and two gills of water; put in the mushrooms; stir well; cover the sauce-pan and cook ten minutes; add a teaspoonful of soy; dredge in a little flour, salt and pepper; give it one boil.

BROWNING FOR GRAVIES.

Put a pound of sugar into a sauce-pan ; let it melt as if to make candy, and brown ; then add a pint of water ; stir it for ten minutes. Put this into a bottle and stop it tight, and use it instead of soy to brown soups or gravies.

CRUMBS FOR SMALL BIRDS.

Lay some fine crumbs into a baking-pan ; set them into the oven ; stir them often until a light brown. Take the pan from the oven ; add a little butter, stirring all the time until the crumbs have absorbed the butter, and look dry. Sprinkle these over any kind of small birds, and round them. They garnish the dish sufficiently.

LARDING.

You can find larding-needles at the kitchen furnishing stores. Cut salt pork in fine strips, the size of the larding-needle, put them into the needles and draw through the meat about an inch apart and one inch long.

CRANBERRY SAUCE.

Pick and wash the cranberries. Put them into a sauce-pan with a little water, and stew them about half an hour ; stir them up, and to a quart of berries put half a pound of sugar.

APPLE SAUCE.

Put a pint of water and a quarter of a pound of sugar into a sauce-pan ; let it boil about ten minutes ; put in as many apples, peeled, cored and quartered, as the syrup will cover when it boils up. Simmer until quite tender. The apples will be transparent, and, if taken up carefully, look very handsome.

ANOTHER.

Peel, quarter and core the apples, put them into the sauce-pan with a very little water, and cover them up tightly ; stew them slowly, when nearly done, sprinkle in sugar enough to sweeten them to your taste ; a lemon may be cut in slices and stewed with them ; or a little nutmeg may be grated on when done.

MUSHROOM SAUCE OF DRIED ITALIAN MUSHROOMS.

Soak a handful of mushrooms in tepid water, about enough to cover them, for several hours. Put a spoonful of onion, minced



very fine, on the fire, with a tablespoonful of butter, and then add a tablespoonful and a half of flour; stir it until it begins to brown, then add the water the mushrooms were soaked in, and half a cup of stock or water; salt and pepper to taste. Let it simmer fifteen or twenty minutes, and strain it through a hair sieve. Put the mushrooms into it, and let it cook very slowly until they are tender, which will be in twenty or thirty minutes.

CURRY SAUCE.

Slice two onions, one carrot, and one head of celery, thin, and stew all till tender in two ounces of butter; season with one dessert spoonful of curry powder, a little mace and thyme, according to taste; throw in three stalks of parsley and one bay leaf, add one pint of water or fish stock, thicken with flour and boil up once; then strain the sauce and cool it in order to remove all fat, and heat it in a sauce-pan set into boiling water.

DUTCH SAUCE.

Place in a stew-pan the yolks of six eggs, six ounces of butter, two tablespoonfuls of water, one saltspoonful of salt, and a dust of white pepper; set the pan over the fire, and stir the sauce with a wooden spoon until it thickens; pass it through a fine sieve, and set the vessel containing it in a pan of boiling water to keep warm.

SALAD AND DRESSING.

CHICKEN SALAD.

A pair of fowls weighing six pounds will make a nice dish of salad. They should be well boiled. Take off all the skin; chop the meat very fine. Take three large bunches of celery; keep it in ice water until you are ready to use it; cut it up fine, and mix it with the chicken. Lettuce may be used instead of celery.

CHICKEN SALAD

Made by not chopping or cutting the chicken, is very nice. Either boiled or roast chicken may be skinned, then pull the meat off the bone in small pieces, and dress it the same as other chicken

salad. The chicken must be cooked very tender to pull off in nice pieces. For evening company it is best to cut the lettuce or celery and mix with the meat or lobster, and serve it in a salad bowl.

DRESSING.

For one chicken—Take the yolks of two hard-boiled eggs, put them into a bowl, mash them with a wooden spoon, add the yolks of two raw eggs, a teaspoonful of salt, a little cayenne pepper; stir this well together, with a tablespoonful of dry mustard; stir always one way. When well mixed add a very little sweet oil, stirring all the time; after this is mixed well, put in more, a little at a time, until you have used a gill; then add a large spoonful of lemon juice or vinegar; then more oil as before until you have used two gills; then another spoonful of vinegar or lemon juice. When well mixed it must be very light and a nice color. Set it on the ice for two or three hours. Mix it with the meat about twenty minutes before using.

LOBSTER SALAD.

In opening lobsters care must be taken to remove the poisonous part. This lies in the head; all of which should be thrown away, as well as the vein which passes from it through the body. All the other parts are good. Break the shells with a hammer. The liquor and the spawn should be saved.

Chop all the meat of the lobster very fine. The coral or roe should be taken out, washed and wiped dry. Grated fine, it is a great improvement to any dish of lobster; or with hard-boiled egg and parsley to any dish of fish. Take the green part or fat and keep it for the salad dressing. Chop the lettuce and mix with the chopped lobster and a little salt.

For the dressing—Take the yolks of two hard-boiled eggs, mash them and mix with the fat or green part of the lobster; beat it well; then add two raw eggs and a tablespoonful of dry mustard; stir this thoroughly in with a little pepper, and then add very slowly, a few drops at a time, a gill of sweet oil, or a tablespoonful of butter, if preferred to the oil; when this is thoroughly beaten, a tablespoonful of vinegar and one of Worcester sauce, or two of vinegar, may be added. To be beaten to a cream. Put the salad into a dish, and pour over it the dressing. This is sufficient for two lobsters.

GARNISHING FOR DISHES.

AN EDGING FOR HASHES.

Boil two teacups of rice half an hour, and season it with a little butter and salt; form the rice around the dish about three or four inches high, rub it over with the yolk of an egg, and set it in the oven to brown. When it is done, turn the hash into the middle of the dish. This makes a very handsome finish to a dish.

Rice prepared in this way, spread over a pie made of cold meat, for the crust, an inch thick, and browned, is nice.

POTATO CRUST OR EDGING.

Boil one dozen good potatoes, and mash them well. Add a piece of butter, a little salt, and half a cup of cream or milk. Stir it well with a large spoon, and form it the same as the rice. It is even better for a crust than rice.

POTATO EDGING FOR TONGUE.

Prepare the potato as above. Put it around the dish in lumps, with a large spoon, and stick into each lump a sprig of parsley.

FOR VEAL, COOKED IN ANY WAY.

Grated horseradish and slices of lemon, laid around the dish, or sent to the table in small dishes with the meat, are a great improvement in the appearance.

FOR CORNED LEG OF PORK.

Parsnips and carrots, cut the long way, and laid around the dish.

FOR CORNED BEEF.

Beets and carrots.

FOR BOILED MUTTON.

A little drawn butter and capers turned over the mutton; carrots and parsley around the dish.

CURRENT JELLY

Is a necessary appendage to all wild meats, and likewise to roast mutton.

PARSLEY, LEMON, EGGS.

Curled parsley, lemon cut in slices, eggs boiled hard, cut in various forms.

HOME-MADE WINES.

GRAPE WINE.

To every quart of grape juice put two quarts of water, and three pounds of sugar. Soak the skins of the grapes in the water.

CURRENT WINE.

To four quarts of currants put five pounds of sugar, and half a gallon of water. Mash and squeeze the currants and let it stand until February or March, then bottle.

ANOTHER.

Mash and squeeze the currants through a strong cloth. To every two quarts of juice add one quart of water and two pounds of good loaf sugar; stir this well and set it away in a large stone pot and let it stand two or three weeks. There will be a thick scum; take this all off, and add to every gallon a pint of brandy or pure spirits; put it in a demijohn; stop it tight.

QUINCE CORDIAL.

Pare and core the quinces, then grate them; boil them and also the cores and parings. Then strain, and to two quarts of juice add a pound of sugar, a pint of brandy, and such spice as you choose.

CHERRY BOUNCE.

Stone and put in a jar the cherries, place this jar into a pot of boiling water, set it on the fire and let the water boil around the cherries until the juice is extracted; then strain, and to a gallon of juice put four pounds of sugar; boil and skim; add whole spice and a quart of brandy and one of rum.

SOUPS.

THE FRENCH BOUILLI.

The most common dish throughout France is a piece of plainly boiled fresh beef, from which the soup has been partly made, and which is separately served up as *bouilli*, accompanied by strong

gravy and minced vegetables or stewed cabbage. Now this, as dressed in the French mode, is ever delicate both in fibre and flavor; while in the usual manner of boiling it, it is almost always hard and insipid. The reason, says that celebrated cook, Careme, is this: "The meat is put into the pot with the usual quantity of cold water, and placed at the corner of the fireplace, where, slowly becoming hot, the heat gradually swells the muscular fibres of the beef, dissolving the gelatinous substances therein contained, and disengaging that portion which chemists term osmazome; and which imparts savor to the flesh—thus both rendering the meat tender and palatable, and the broth relishing and nutritive; while, on the contrary, if the pot be inconsiderately put upon too quick a fire, the boiling is precipitated, the fibre coagulates and hardens, the osmazome is hindered from disengaging itself, and thus nothing is obtained but a piece of tough meat, and a broth without taste or succulence."

TO MAKE SOUP STOCK.

Brown stock is made of beef shins, and a piece of coarse beef. White stock is made of veal shins, and an old fowl if you choose. One shin of veal will make three quarts of good veal stock; one hind shin of beef will make five quarts of good beef stock. The veal and beef together make the best soup. Wash the shins clean, rub salt into them; put them into an iron pot, and put in twice as much cold water as you expect to have soup. It must be set on top of the range, and gradually heat up; do not forget to skim it before it comes to a boil. Let it simmer slowly all day. If it boils away too much, add more water. All kinds of bones of roast or boiled meat or poultry, and the liquor beef, mutton or fowl are boiled in, makes good soup stock. They should be boiled all day to extract the substance from the bones as well as the meat, then strained into a stone jar or earthen pot to stand until the fat cools, then take that off. If this process is observed, you can always have a good stock to begin with; you can flavor it as you please.

It is necessary to have a flat-bottomed pot to set on, not into, the range, for fear of scorching, as a soup is spoiled if it has the slightest taste of being burned. It is best to boil the bones in such a pot, as they must boil all the time slowly, and a flat-bottomed pot can be set back on the range or stove.

MEMORANDA.

MEMORANDA.

BEEF AND TOMATO SOUP.

Take two pounds of red beef, a neck piece or from the round; carefully remove all the fat, and cut the meat into small bits; put into a stew-pan with two quarts of cold water; and simmer slowly one hour. Remove all the scum as soon as it rises, and keep covered close. Stew until quite soft a quart of ripe tomatoes and press through a cullender, add to the broth from which you have removed the meat and boil half an hour; put in a sprig of sweet marjoram or thyme; then take two ears of sweet corn, and cut and scrape all the kernels from the cob, also two tablespoonfuls of flour, and one of sugar, browned but not burned, mix with half a teacupful of sweet cream or milk; add these ingredients and boil fifteen minutes. Season with a little salt and cayenne pepper. You will observe that all the ingredients of this soup require but little actual cooking. The pure nutriment of beef is found with rare cooking. Tomatoes lose their fine flavor by much boiling, and corn hardens at a certain period; fifteen or twenty minutes, if it is fresh and full of milk, is sufficient to cook corn.

TOMATO SOUP.

Slice two onions, and fry them in butter until brown; then fry two dozen tomatoes just sufficiently to heat them through, and put them into a stew-pan with their gravy and the onions, adding a pinch of celery-seed and a carrot cut up fine; stew these gently for an hour. Add three pints of soup stock and stew for an hour and a half; then pulp the whole of the vegetables through a sieve, season with salt, black and cayenne pepper, and serve with toasted bread cut in dice.

ANOTHER.

If you have but little to make soup of, and want it without preparing the day before, put the bones into the pot with one onion, one carrot, and one dozen tomatoes; cut the vegetables up; add pepper, salt, and a few cloves; cover with water and let it boil two or three hours. Strain and skim off all the fat; turn the soup back into the pot; take two tablespoonfuls of arrowroot, ground rice, or flour mixed with a little cold water; stir this into the soup; add half a cup of sugar; let it boil ten minutes. Take some toasted bread, cut it into dice, put them into the tureen, and dip the soup into them.

PEA SOUP.

Put a pint of split peas to soak over night. About three hours before dinner pour off the water and add two quarts of water, a carrot, an onion, a little celery or celery-seed, and a small piece of salt pork. Boil it steadily, and be careful to stir it often, lest it should burn; have boiling water at hand to add, as the water boils away much faster in pea soup than in any other kind; strain it through a coarse sieve; a cup of milk added after the soup is done, is an improvement. Serve with toasted bread.

ANOTHER.

Put a quart of split peas to soak over night; wash them from the water and put them into boil with four quarts of soup stock, an onion, a turnip, a carrot, some celery, salt and pepper; stir it frequently, that it may not burn; strain it through a cullender or coarse sieve; serve with toasted bread, cut small and sent to table in a separate dish.

JULIENNE SOUP.

Put a piece of butter the size of an egg into a soup kettle; stir it until melted; cut three young onions fine; fry them a nice brown; then put in two quarts of good veal or white stock, a little salt, pepper, mace and celery-seed, two young carrots, two turnips and a pint of green peas. Boil it all one hour. This is a nice summer soup.

TO DRESS A GREEN TURTLE FOR SOUP.

Cut off the head and hang it with the body to bleed. When the bleeding has stopped, place the turtle on its back, and with a sharp knife separate the back from the under shell; take off the fins; break up the under shell and put it in a pan with the fins, pour boiling water over it; let it remain until it is soft enough to peel off all the tough skin; put them to soak in salt and water. Clean the inwards; separate the heart, liver and lights from the gall, and put them with the sweetbreads into salt and water, after having cleaned them thoroughly; clean the meat and green fat from the top shell; put them all into water, and let them remain over night.

To make the soup—Have a calf's head thoroughly cleaned; take out the brains, and scrape the head very clean; put it into cold water to soak two hours. Wash all the turtle, and put that into

cold water. Put the turtle meat and the calf's head into a pot, cover with water, about five gallons, and let it boil all day. Do not use the heart, liver, sweetbread, and brain of the calf's head, but put that of the turtle into a cloth, tie them up, and put them to boil with the rest three hours; use them to make force-meat balls; strain the soup through a cullender; set it away with the meat in a cool place till the next morning. Put into a large soup pot half a pound of butter and four large onions, cut fine; fry a nice brown; take off the pot, add a tablespoonful of ground cloves, one of allspice, one of mace, two of nutmeg, one of pepper, two of salt, two of sweet marjoram, two of summer-savory, two of chopped parsley; stir this together, then add the soup and set it on to boil. Take out with your fingers all the little bones from the meat; put all into the soup, adding the green fat; let it boil about four hours. While the soup is boiling, chop up very fine the liver, lights, sweetbread and heart; add one teacup of bread crumbs, the yolks of four hard-boiled eggs, a teaspoonful of ground cloves, one of mace, one of thyme, one of summer-savory, one of sweet marjoram, one of pepper and one of salt; drop in two raw eggs and half a pound of butter; mix it all together with the hands, and make into balls the size of a robin's egg; roll in egg and bread crumbs, and fry brown in hot lard or butter; put up to dry and to keep hot. Chop six hard-boiled eggs, cut up six lemons into small pieces; put a quarter of this and a quarter of the balls into each tureen; add to the soup a quart of Madeira and a quart of red wine; give it one boil; dip it into the tureen, upon the lemon, eggs and force-meat balls, and send it to the table very hot. This will make four gallons of soup.

These directions are for a turtle weighing fifty pounds in the shell.

MOCK TURTLE SOUP.

Soak a calf's head in cold water two hours; take out the brains and scrape the head very clean. If a large head, allow six quarts of cold water; boil it two hours, then add the liver and lights; tie up the brains in a small cloth; let them boil for an hour and a half. Strain the liquor into a stone jar, and set it away to cool until the next day, or until the fat cools, then take off all the fat. Take two quarts of the liquor, two onions chopped fine, two carrots and two turnips cut up, some salt, a few cloves and pepper corns; boil it two

hours. Have a flat-bottomed soup pot; set it on the fire with a little butter in it, and two onions chopped fine, to brown; stir them all the time to prevent their burning; dredge in a little flour. Have the calf's head cut into small pieces, put it in with the rest of the stock and boil it one hour; then strain the liquor in which the vegetables were boiled into this, and boil it one hour and a half; add a pint of red wine and let it boil up once.

TO MAKE FORCE-MEAT BALLS.—Chop some of the liver, lights and brains very fine with some salt, pepper, spice and sweet herbs; mix this well together with two raw eggs; make it into balls the size of a small nut; roll them in egg and crumbs, and fry in hot butter or lard. Boil three eggs hard; take the yolks and mash them fine with a tablespoonful of flour and a little salt; mix together and make into balls. Cut two lemons in small pieces. If the soup does not seem quite rich enough, take a quarter of a pound of butter, braid it with a tablespoonful of flour and stir it into the soup; let it boil five minutes. Put the force-meat balls, egg balls and lemon into the tureen, and turn the hot soup on to them. This will make about five quarts of soup.

OX-TAIL SOUP.

Take two tails, divide them at the joints, and soak them in warm water. Put them in a soup pot with two quarts of cold water. Skim it carefully. When the meat is boiled to shreds, take out the bones, and add a chopped onion and carrot. Use spices and sweet herbs, or not, as you prefer. Boil it three or four hours.

TURKEY SOUP.

The remnants of a turkey make a good soup. Put all the bones and small pieces into about three quarts of water. If you have any gravy or any remnants of chicken, add them also and boil two hours or more. Strain out all the bones and meat, and set the liquor away to cool till the next day. Then take all the fat from the top; take all the skin and bones from the meat, and put the meat into the liquor. If any of the dressing is left, put that in also, and boil it together a few minutes. If more seasoning is needed add it to suit your taste.

POOR MAN'S SOUP.

Make a soup of bones or bits of meat left from a roast, pieces of

steak, &c., put them into a pot with a little water, some salt, pepper, a little cabbage, sweet potatoes and parsley cut fine; boil till well done. Take out the bones, and pieces of fat and gristle and return the meat to the soup; then add a pint of green corn, cut or grated from the cob, and half a dozen of fresh tomatoes. Boil these with the soup fifteen or twenty minutes.

GIBLET SOUP.

Take a scrag of veal, some giblets, a little salt, pepper, mace, an onion and a carrot; put them into a pot with some water, and boil it three hours; strain the soup; cut up the gizzard, and braid up the liver; put them into the soup; mix two spoonfuls of flour with a piece of butter. Stir this into the soup and let it boil up once.

A VEGETABLE SOUP.

Take a third as much water as you want soup; cut up some onions, carrots and turnips, a little celery, some salt and a little mace. Put this all into a sauce-pan; boil it one hour, add the two-thirds of soup stock. Boil this all together an hour and a half. If it is not seasoned to your taste, add whatever is required.

POTATO SOUP.

One dozen large potatoes, peeled and put into cold water, two onions, a pound of salt pork, three quarts of water; when nearly done stir in a cup of milk, one egg and one spoonful of butter.

POTATO SOUP.

Boil four large mealy potatoes; mash them fine; add one egg, a piece of butter the size of an egg, half a teaspoonful of salt; a little essence of celery. Boil one pint of water and one pint of milk or cream; turn it on to the potatoes, &c., boiling hot; stir it well; strain it and send to the table immediately.

OYSTER SOUP.

To two quarts of oysters put one quart of cold water; wash out the oysters clean; strain the water through a fine sieve or cloth. Put a piece of butter the size of an egg into a sauce-pan; dredge in some flour, a little pepper, and a very little mace; turn in the liquor, and let it come to a boil; put in two large spoonfuls of cracker crumbs, mixed in a little water; stir this well; add another

piece of butter, and then the oysters ; let it boil up once. Have ready in the tureen some soft crackers split and toasted ; turn the soup in, and add a cup of white wine, or a spoonful of vinegar or lemon juice.

VERMICELLI SOUP.

Boil a shin of veal, two onions, two carrots, two turnips cut up, and a little salt, in four quarts of water, three hours ; strain it ; add two cups of vermicelli ; let it boil half an hour.

A BROWN BEEF SOUP.

Put a piece of the round of beef weighing about six pounds into a pot with four or five quarts of water, a dozen cloves, pepper and salt, and boil it three hours. Cut in small dice some carrots and turnips, chop up two onions and a head of celery ; toast brown two slices of bread ; put all into the soup, and boil it two hours. Then take out the meat, if it is not quite brown enough, and add a little soy.

This piece of meat makes a very nice dish next day. Cut up two carrots, one turnip, and two onions, in dice form ; put the meat and vegetables into a sauce-pan, and add pepper, salt, a little clove, and just water enough to cover the meat ; stew it gently two or three hours ; take out the meat ; mix a little flour in water, and two spoonfuls of mixed mustard. Stir this into the gravy, give it one boil, and turn the gravy and vegetables over the meat.

MUTTON OR LAMB BROTH.

Take the water in which a leg of mutton or lamb was boiled in on the previous day, take off the fat, and boil it two hours with a turnip, an onion and a carrot, cut fine. Add some minced parsley and a spoonful of rice. All these, except the parsley, should be put in while the water is cold. Any little pieces of the neck, ribs, or shank will make excellent broth.

MUTTON BROTH.

Boil a shoulder of mutton in four quarts of water two hours. Add three or four turnips cut up, a tablespoonful of salt, half a cupful of rice. Boil this two hours and a half or three hours ; cut a little parsley, and put it in five minutes before dishing. Dish the mutton with drawn butter and capers. Garnish the dish with carrots and turnips.

VEAL BROTH.

Stew a knuckle of veal of four or five pounds in three quarts of water, with two blades of mace, an onion, a head of celery, and a little parsley, pepper, and salt; let the whole simmer very gently until the liquor is reduced to two quarts; then take out the meat and serve it up with parsley and butter. Add to the broth either two ounces of rice separately boiled, or of vermicelli; put in only long enough to be stewed tender.

CHICKEN BROTH.

The water chicken was boiled in, set away in a cool place, makes a good broth. The next day skim off all the fat; take the bones of the chicken; put into the soup pot with the broth, one onion cut very fine, one carrot, one turnip, a small bunch of parsley, a little salt and pepper; let it boil two hours; with a skimmer take out the bones; add half a cup of rice or vermicelli; let it boil one hour; you will have a nice chicken broth. Take off all the meat you can from the bones. To make any of these little dishes requires but very little meat.

CHICKEN BROTH.

If the weather is warm, use but half a chicken to make broth for one person. If it is cool take a whole one, as the broth will keep several days. Pull off the skin, and allow two quarts of water to a chicken. Skim it in the neatest manner when it begins to boil. Put in a tablespoonful of rice and a teaspoonful of salt, and boil it slowly two hours. It is the best way to boil the chicken the day before it is wanted, and the next day take off the fat, add the rice and boil it another hour.

RABBIT SOUP.

Cut one or two rabbits into joints; lay them in cold water for an hour; dry and fry them in butter till about half done, with four or five onions, and a head of celery cut small; add to this three quarts of cold water, one pound of split peas, some pepper and salt; let it stew gently four or five hours, then strain and serve it.

FISH.

FISH CHOWDER.

Take a cod or haddock; skin it, and cut it into small pieces; wash it and wipe it dry, and flour it a little. Take a quarter of a pound of salt pork, cut it in small pieces and put it into the bottom of the pot, and fry a nice brown; take out the pork and put in an onion cut up to fry; when this is done take it out, and put a layer of fish into the hot fat; put the head and bony part of the fish in first, then put in a layer of potato, a little of the onion and salt pork, a little pepper and salt, and dredge in some flour; then put in a layer of split crackers; if you use water crackers it will be necessary to put them into cold water for half an hour; then put in another layer of fish, potato, and seasoning, and so on till it is all in the pot. Cover the fish with cold water, and put it on the fire to boil; let it boil about half an hour or until the potato is done. Put into the tureen a cupful of milk and a small piece of butter; pour in the chowder, and serve hot.

A NICE CHOWDER.

Take a small cod and haddock; skin them and take out the bones, and cut the fish in small pieces; wash and wipe them clean; flour them a little. Put the heads and bones on to boil in two quarts of cold water and a little salt. Cut a quarter of a pound of salt pork in thin slices; put it in the bottom of the kettle and try it out; cut up two onions fine and brown them, but be careful not to get them too brown. Have ready eight or ten potatoes, peeled and sliced thin; skin out the pork and onions, and put into the bottom of the kettle a layer of fish, with a little fried onion, some pork, pepper and salt; a layer of potatoes and one of crackers; dredge a little flour over it; then another layer of fish, potato and cracker, with pork and onion, salt and pepper, and so on until all is in. Then strain the water the heads and bones have been boiling in on to the fish, and if not enough to cover it add hot water. Set it over the fire, and let it boil half an hour. Take a quarter of a pound of butter and two tablespoonfuls of flour mixed together; let it boil a few minutes, then add a quart of milk or cream, give it one boil, and put it into the tureen; then pour in the chowder.

A CLAM CHOWDER.

A peck of clams put into an iron pot to boil with one quart of water. Keep the pot covered to keep the steam in; when the clams open turn them out into a pan; open the clams; strain the water through a cloth, and keep it for the chowder; clean the clams from all the sand, and take off the black heads. Put four slices of salt pork in the bottom of the pot to fry; take them out when brown, and put in two onions cut up fine; brown them and take them out. Have six large potatoes sliced, and eight crackers broken up. Put into the pot layers as for fish chowder, of clams, potatoes and crackers, with pork, onions, salt and pepper; pour over the water the clams were boiled in, and enough water to cover the chowder; put it on the fire and let it boil twenty minutes or half an hour. Put a cup of milk and a small piece of butter into the tureen, and pour in the chowder when done.

ANOTHER CLAM CHOWDER.

Take a chicken or a small fowl; cut it up in small pieces; take the skin off, and boil the chicken in about two quarts of water. Take three pints of clams, clean them, and chop the hard part of the clams up; peel eight or ten potatoes and cut them into slices, and ten or a dozen crackers broken up. Try out some salt pork as for fish chowder, and two onions cut up, and browned. When the chicken is done, take out the meat, pick out all the bones, cut the meat into small pieces, and put a layer of chicken in the bottom of the pot, then a layer of potato, then a layer of clams, and one of crackers, with onion, pork, salt and pepper; then another layer of chicken, potato, clams and cracker, with the seasoning, and so on till it is all in. Skim off all the fat from the liquor the chicken was boiled in, and if you have any of the clam water take that and put it all into the chowder; if it does not cover it add enough clear water, and put it on to boil; let it boil about twenty minutes, or until the potatoes are done. Put a piece of butter and a cup of milk into the tureen, and pour on the chowder when done. This is a very rich chowder.

OYSTER CHOWDER.

Take two quarts of oysters and one of clams; chop fine all the shoulders and hard part of the clams. Save all the liquor of the

clams and oysters. Put four slices of salt pork cut thin into a kettle; fry them brown; take them out; cut up two onions fine and brown them; take them out. Then put into the kettle a layer of clams, one of oysters, a little salt pork and onion, salt and pepper to the taste; then a layer of oysters and clams, with the seasoning, and so on; pour over it the liquor and add enough water to make a quart. Braid two tablespoonfuls of flour and two ounces of butter together; warm a quart of milk and add to it. Let the chowder come to a boil; pour in the milk and butter. Split four crackers, toast and butter them; put them into the tureen, and pour the chowder on to them.

LOBSTER CHOWDER.

Three crackers pounded fine, mix with the green part of one large lobster, rub in a piece of butter the size of an egg, a little salt and cayenne pepper. Boil one quart of milk, stir the mixture into it; then add the lobster chopped. Do not let it boil after putting in the lobster. If it is too thick add more milk.

BAKED COD.

A fish weighing six or eight pounds is a good size to bake; it should be cooked whole to look well. Make a dressing of bread crumbs, pepper, salt, parsley and onion, a little butter or salt pork chopped fine; mix this up with an egg and a little milk. Fill the body with this and sew it up, lay it in a large pan; lay across it some strips of salt pork; baste it with butter and fine bread crumbs; salt it well, and put a pint of water in the pan. Bake it an hour and a half or two hours. Dish the fish; make the gravy with a little flour, a little butter, and a spoonful or two of catsup or Worcester sauce. Give it one boil and turn it over the fish.

BLUEFISH—BAKED.

Make a dressing of about two cups of bread crumbs, wet with a little milk, an egg, a little fat pork chopped fine, some salt, pepper, nutmeg, summer-savory or thyme, mixed well together; stuff the body of the fish with this and sew it up. Fry a very little pork a nice brown; put it into the pan the fish is to be baked in, add half a teacup of hot water; lay the fish in; cover the fish with small pieces of butter, salt and fine bread crumbs, and bake one hour and a half or two hours; baste it often. Dish the fish; add a little more water and flour and butter; give it one boil and turn it over the fish. Garnish with slices of lemon.

BAKED TROUT.

The lake or salmon trout are the only kind to bake ; they weigh from two to six pounds. Open and clean them ; scrape them well to take off all the scales, wash and wipe them dry. Make a dressing as for bluefish ; fill the trout and sew it up ; lay it into a baking-pan, cover it with bits of butter and some fine bread crumbs and salt ; put a little water in the pan and bake from one to two hours, according to the size ; baste it often. Dish the trout ; then add to the gravy a little hot water, some butter, salt and flour ; give it one boil and turn it over the fish.

A SHAD BAKED.

The same as trout or bluefish.

BASS AND PICKEREL—BAKED.

To be dressed and baked the same as a trout or bluefish.

BAKED HALIBUT.

Get a thick piece of halibut, weighing five or six pounds, wash and wipe it dry ; put it into the pan with strips of pork on it, or small bits of butter and bread crumbs ; put a little water in the pan and let it bake an hour and a half or two hours. Serve with drawn butter or egg sauce.

BOILED HALIBUT.

Take a thick piece, or the tail piece, which is the richest, but not as nice looking for the table ; wash and scrape it clean ; rub salt over it ; put it into a floured cloth, and then into boiling water. It should boil three-quarters of an hour. It is eaten with drawn butter and parsley. If any of it is left, put it in a dish, and sprinkle over it a little salt and vinegar, and a little catsup, if you like.

BROILED HALIBUT.

The nape of a halibut is considered the best to broil ; but a slice, cut a little more than an inch thick, if sprinkled with salt and Indian meal rubbed over it, will broil without breaking. ~~When done put on butter and a little pepper.~~

TO BROIL SALMON.

Cut it in slices an inch and a half thick, dry it in a clean cloth, salt it, and lay it upon a hot gridiron, the bars having been rubbed with lard or drippings. It cooks very well in a stove oven, laid in a dripping-pan.

TO BOIL SALMON.

Clean the salmon thoroughly in salt and water. Wrap it in a floured cloth and put it into boiling water. A piece weighing five or six pounds, will take an hour and a half or two hours. Serve it with lemon, fish sauce, lobster sauce, or egg sauce.

TO FRY SALMON.

Cut the salmon into slices about an inch thick, salt them, dip them in an egg and crumbs, and fry them in butter or sweet oil.

FRIED HALIBUT.

The same as salmon.

FRIED COD AND HADDOCK.

Cut the fish in pieces of the proper size, wash and wipe it dry, salt it and roll in Indian meal. Fry four or five slices of salt pork, or use instead, lard or beef-drippings; but pork is preferable. When the pork is fried crisp, take it out and put in the pieces of fish; fry them brown; dish it with the fried pork and slices of lemon. Serve with egg sauce, or drawn butter in a sauce-tureen.

FRIED PERCH AND SMELTS.

Split them and clean them; put into salt and water; wash and wipe them dry; dip into egg and bread crumbs. Have plenty of hot lard in the frying-pan; put the fish into it and fry a light brown; serve hot with drawn butter.

BROILED MACKEREL.

Split it down the back; sprinkle it with a little salt, wipe it dry, and broil it before a quick fire; put the outside to the fire first. When done spread over it some butter, and send it to the table very hot.

TO BROIL A BLUEFISH.

The same as for a mackerel. A shad is broiled in the same way.

EELS.

After they are skinned, turn boiling water on them and let them remain about half an hour. If you wish to fry them cut them up in small pieces, dip in egg and crumbs and fry in hot fat.

TO BAKE EELS.

Sprinkle some flour over them, and some pieces of butter; put them into a pan with a little water and salt, and bake them half an hour. Take out the eels and make a gravy in the pan, with a little butter, flour and water; give it one boil and turn it over the eels.

STEWED EELS.

Cut them in pieces about four inches long; wash and wipe them dry; sprinkle a little salt and pepper over them. Fry three or four slices of salt pork a nice brown; cut up an onion and fry that brown; dredge in a little flour; lay in the eels, and let them fry a little; turn in a cup of hot water; cover them close and let them stew half an hour.

FRIED FLOUNDERS.

Scrape them clean; take off the heads; wash them in salt and water; wipe them dry; put them into hot fat and fry a light brown.

SALT FISH—BOILED.

Cut the fish into pieces about as large as your hand; let it soak over night; in the morning wash it clean, put it into clean water and set it on to boil; put the potatoes in the same pot with the fish, and boil half an hour; when done take up the fish and remove all the skin and bones that you can without breaking the fish. To be eaten with drawn butter and pork scraps. Beets should always be served with salt fish. To make pork scraps, cut a quarter of a pound of salt pork into very small dice; put them into a frying-pan, stirring them frequently, until the fat is extracted, and the scraps are done light brown.

TO MINCE FISH.

Remove all the skin and bones from the fish, and chop it fine; add twice as much mashed potatoes as fish; mix it well together with a little hot water, a little butter and an egg; put it into hot fat; stir it until it gets warmed through, then let it stand to brown a little, and turn it out on to a dish whole. Or it can be made into balls and fried in pork and butter.

TO OPEN A LOBSTER.

Take off all the small claws or legs; break off the two large claws and open them by breaking with a hammer; open the body and remove the vein that runs through it from the head; take the fat or green part from around the head, but do not disturb the head as it is poisonous. All the other parts are good.

STEWED LOBSTER.

Take one large or two small lobsters; cut the meat into small pieces; put it into a sauce-pan with two cups of white stock, a little salt, pepper and mace; dredge in some flour and some bits of butter, and stew it ten or fifteen minutes; stir it frequently, and when done add a little vinegar or white wine.

STEWED OYSTERS.

Wash a gallon of oysters; let the liquor stand to settle; strain it through a fine sieve into a sauce-pan; add as much water as there is liquor; braid four tablespoonfuls of flour into a quarter of a pound of butter; stir this into the liquor when it boils, add a little salt and pepper, and let it boil a few minutes; add the oysters and let them boil up once. A pint of milk may be added just before they are taken up.

SCALLOPED OYSTERS.

Pick over and strain two quarts of oysters. Take a stale loaf of bread and grate it, or pounded crackers. Butter a deep dish, put in a layer of oysters, a little salt and pepper on them, then a layer of crumbs, with a little mace or nutmeg and some bits of butter, then another layer of oysters, and so on, having the crumbs last. Turn over it the oyster liquor and a cup of wine. Set it into the oven and bake half or three-quarters of an hour.

FRIED OYSTERS.

Take large oysters, lay them in a cloth a few minutes to dry; dip them in egg, then in crumbs, and fry in hot fat.

OYSTER PIE.

Strain the oysters from the liquor; season them with salt, pepper, a little mace and a glass of wine; add a cup of fine crumbs and some bits of butter; line a dish with nice paste; put in the oysters and half the liquor. The dish must be quite full, and covered with a rich puff paste; bake until the crust is done.

OYSTERS IN BATTER.

Make a batter as for pan cakes, of a pint of milk, three eggs, a little salt, and flour enough to make a stiff batter. Put an oyster into each spoonful of batter, and drop it into hot fat and fry a nice brown.

CLAMS IN BATTER.

To be done in the same way as oysters.

SCALLOPS.

These are best fried. Dip them into egg and crumbs; fry them in hot lard, quickly; skim them out of the fat; put them into a cullender and keep them hot until all are fried.

CLAM FRITTERS.

Twenty-five clams chopped fine; add to these a batter made with half a pint of the clam liquor, a heaping pint of flour, and two eggs well beaten; soda about the size of a pea, dissolved in water; fry in hot lard.

MEATS.

ROAST BEEF.

The best pieces of beef to roast are the second cut of the sirloin, the second cut of the ribs, and the back of the rump. A piece of beef weighing ten pounds requires two hours to roast; allow ten minutes for every pound over or under this weight. Put the meat into the pan, after it is well washed, rub salt well into it, and dredge it with flour; put a pint of water into the pan, and put it into the oven; baste it every fifteen minutes. When done remove it from the pan with a skimmer or spoon; do not put a fork into it as it causes the juice to run out. *To make the gravy*—Take the drippings from the meat after the fat has been turned off; add a little hot water, and a little browned flour dredged in, stir it all the time and let it come to a boil; add a tablespoonful of soy or tomato catsup.

CORNEB BEEF.

The navel end of the brisket is the best piece to boil ; if it is very salt put it into cold water over night. Put it into the pot and cover it with cold water. Skim it carefully just before it boils. A piece of beef weighing eight pounds should boil three hours after it begins to boil ; keep the pot filled with boiling water, by adding more as fast as it boils away. Take the bones out before sending it to the table, and press the beef ; it looks much nicer, and cuts better.

STEWED BEEF.

Take a square piece of beef from the best part of the round, weighing four or five pounds, and put it into water enough to cover it. When the pot has been well skimmed, put in salt, two turnips, two carrots, and two onions, chopped fine, a little pepper, and if you choose a few cloves. Boil very gently four or five hours. A short time before dinner add a teaspoonful of sweet marjoram, half a cup of tomato catsup, and a tablespoonful of flour, wet with a little cold water. Serve in a deep platter. A light crust may be put over it ten minutes before it is served. This is a very economical dish. The beef is very good cold, and the soup is excellent.

FILLET OF BEEF.

Take a sirloin or second cut of the rib ; take out the bones with a sharp knife ; skewer it round in good shape ; lay the bones into a large sauce-pan, with two onions, one carrot, a dozen cloves ; then the beef, with beef stock or water enough to just cover it ; let it cook slowly two hours ; dish the meat ; skim all the fat from the gravy ; add some flour mixed with a little water, and two spoonfuls of catsup ; give it one boil ; turn a little gravy over the meat, and serve the rest in a gravy tureen.

ALAMODE BEEF.

Take seven or eight pounds of the round of beef, and tie it up in the form of a round. Take a teaspoonful of salt, one of pepper, one of cloves, and a tablespoonful of sugar ; rub these all over the meat and let it stand over night. The next day take the meat and make holes in it all over ; fill them with a force-meat made of bread crumbs, two sausages, an onion chopped fine, a tablespoonful of sweet herbs, one teaspoonful of cloves, one of

MEMORANDA.

MEMORANDA.

salt, half one of pepper, mixed with two eggs, and sew them up. Stick an onion full of cloves; put it into the pot; place skewers in the pot about two inches from the bottom; lay the beef on them; put in enough water to cover it; cover the pot very tight, to prevent the steam from escaping; let this simmer slowly, but not boil, four hours. Turn the meat three or four times while cooking; pour a pint of red wine over the meat and let it stew an hour longer. Thicken the gravy with a little browned flour, and a little salt, and boil it up once; turn a part over the meat when dished, and send the remainder of it to table in a sauce tureen.

BEEFSTEAK.

To broil a steak requires a quick fire. Some prefer a rump steak to a sirloin. Cut the steak from three-quarters to an inch in thickness. Let the gridiron be hot, well rubbed with beef suet, and the fire clear; if cooked by a range, it should be put in front and not on top. Never use a fork to turn a steak, or salt it while cooking. From ten to fifteen minutes is sufficient to cook a beefsteak. When done place it on a hot dish, put salt and butter and a little pepper, if you choose; a little tomato catsup to the gravy is an improvement.

BEEFSTEAK WITH SMOTHERED ONIONS.

Cook the beefsteak as directed. Slice the onions, and put them into a sauce-pan, with some salt and water, and boil till soft; then put them into a spider with some butter, and fry them a light brown; dredge in a little flour and some pepper into the gravy, and turn it all over the steak while hot.

BEEFSTEAK AND SMOTHERED ONIONS.

Fry some slices of salt pork very brown; take it out and put in the steak; a rump steak or one from the top of the round; fry it, and when done take it out and put in the onions sliced thin; cover them and let them cook slowly, turning them occasionally; when done put them on the steak. Make a gravy by adding a little water, flour, butter and salt, and pour over the whole.

A BEEF PIE.

Take cold roast beef or steak; cut it into thin slices, and put a layer into a deep pie dish, with a little salt and pepper, and an onion chopped fine; then another layer of beef and seasoning,

and so on, until the dish is filled. If you have any beef gravy add that; or make a gravy with some stock, with flour and butter. Make a crust with a dozen potatoes mashed fine, half a cup of milk or cream, and a little salt and butter; spread it over the pie an inch thick; brush it over with an egg and bake it half an hour.

MINCED CORNED BEEF.

Take some pieces of corned beef, fat and lean together; take out all the gristle and chop it very fine; add as much potato; mix them together; add a little salt, pepper, and some bits of butter; put it into a frying-pan, with a very little water; stir it frequently until it is very hot; then let it stand until it is browned on the bottom; turn it on to a hot dish and dress it with a little parsley. This is a nice breakfast dish.

MOCK PIGEONS.

Cut beefsteak into pieces as large as your hand (round of beef is better); stuff these and skewer them or tie them up. Fry some slices of salt pork, and in this fat brown the pigeons; take them out; make a gravy of the fat; cover the pigeons with it, and stew until tender, perhaps three hours.

CORNED TONGUE.

Corned tongue should be washed clean, put into cold water, and boiled three hours.

SALTPETRED TONGUE.

It should be soaked over night. Boil it five or six hours. When done lay it in cold water three minutes; peel off the skin beginning at the roots, as it comes off much easier.

TO DRESS KIDNEYS.

Cut them through the long way; take out the core; pull the kernels apart; put them into a sauce-pan with a little cold water, and boil them one hour; then take them out, and clean off the fat and skin. Put into a frying-pan some butter, salt and pepper; dredge in some flour, put in half a pint of hot water and the kidneys; let them simmer twenty minutes; stir them often; do not let them fry, because it hardens them.

TRIPE.

The honey-comb part is the best. Cut it in pieces about six inches square; wash it in salt and water; wipe it dry; dip it in egg and crumbs, or batter, and fry it in hot fat. Serve it with oyster sauce. After dishing the tripe, turn a quart of oyster sauce over it.

TO ROAST LAMB.

The hindquarter of lamb usually weighs from seven to ten pounds; this will take about two hours to roast. Wash it well, put it into the pan, salt it and dredge with flour; put some water in the pan; have a brisk fire and baste it frequently while roasting. Serve with mint sauce.

TO ROAST THE FOREQUARTER OF LAMB.

An hour and a half to roast this piece; it is considered by some the best roasting piece; it should be frequently basted. To make the gravy take all the drippings, add a very little water, salt and flour, and give it one boil.

MINT SAUCE,

To serve with roast lamb. Take a bunch of green mint and chop it very fine with a knife; add a teacup of sugar, and a teacup of sharp vinegar. Stir this up, and send it to the table in a gravy tureen or sauce-boat.

A BOILED LEG OF LAMB.

A common sized one should be boiled about an hour and a half; to be served with drawn butter and parsley.

LAMB CHOPS.

Take a loin of lamb, cut chops from it half an inch thick, retaining the kidney in its place; dip them into egg and bread crumbs, and fry; serve with fried parsley.

TO ROAST A LEG OF MUTTON.

A leg of mutton requires from two hours to two hours and a half. Baste it often. Make the gravy the same as for roast beef, or add a few spoonfuls of currant jelly and a glass of red wine.

A SHOULDER OF MUTTON

May be dressed in various ways, but the most usual is to roast it

nicely, and serve it up with onion sauce. It is an unsightly joint; but the appearance may be improved by cutting off the knuckle, when it may be called a shield; it has more different sorts of meat in the various cuts than the leg. The bone may also be taken out, and the mutton stuffed; it is very good baked.

LEG OF MUTTON—BOILED.

To prepare a leg of mutton for boiling, trim it as for roasting; soak it for a couple of hours in cold water; then put only water enough to cover it, and let it boil gently for three hours, or according to its weight. Some cooks boil it in a cloth; but if the water be afterwards wanted for soup, that should not be done; some salt and an onion put into the water are far better. When nearly ready, take it from the fire, and keeping the pot well covered, let it remain in the water for ten or fifteen minutes. Serve with caper or oyster sauce.

TO ROAST A LOIN OF MUTTON.

Cut and trim off the superfluous fat, and see that the butcher joints the meat properly, as thereby much annoyance is saved to the carver when it comes to table. Have ready a nice clear fire (it need not be a very large one), put down the meat, dredge with flour, and baste well until it is done. Make the gravy as for roast beef, or leg of mutton roasted.

MUTTON CHOPS

Can be either broiled, or fried plain, or with egg and crumbs.

MUTTON PIE.

Take slices of cold mutton either boiled or roasted; lay them in a deep dish; put an empty cup turned bottom up in the middle of the dish; this takes up the gravy, and keeps it from boiling over. Season the meat with salt, pepper, and dredge in a little flour; add the cold gravy and a spoonful of currant jelly; if not enough gravy add a little water and a piece of butter; have a nice crust ready; cut three slits in the middle and cover the dish. Bake three-quarters of an hour.

A FILLET OF VEAL ROASTED.

This is a good and serviceable joint. One weighing from twelve to fourteen pounds is the best. Have the knuckle sawn off and

the middle bone taken out; this must be filled with dressing. The flap and the udder must then be folded round and fastened with skewers. It will take four hours to roast it. It should be larded with pork or basted often with butter. Make a gravy of the drippings and add a little hot water, and dredge in some flour; strain it and serve in a gravy tureen.

A LOIN OF VEAL ROASTED.

A loin of veal is very nice roasted plain. It should be selected with plenty of fat and a full kidney. Skewer the flap well over. It requires from three hours to three and a half hours to roast. It can be cooked the same as a fillet of veal by taking out the kidneys and putting dressing in their place.

THE SHOULDER OR BREAST OF VEAL

Can be dressed and roasted in the same way. The breast of veal, though far from profitable, is very savory. Put it into a pan with a pint of water, a little salt, pepper and mace; let it stew an hour and a half; turn it once or twice; make some force-meat balls and lay on the meat; baste it with butter, dredge on a little flour, and set it in the oven to brown about twenty minutes, and dish the veal; add to the gravy a glass of white wine, a little butter, and a little flour; give it one boil and pour the gravy over the meat.

BOILED VEAL.

A fillet or shoulder of veal is very nice boiled; prepare the same as to roast. Boil three hours, and serve with celery or oyster sauce.

A VEAL POTPIE.

Take the neck, the shank or the breast-neck of veal; boil them long enough to skim off all the froth. Butter the pot or try out some slices of salt pork; lay in the meat with a little salt, pepper and flour; pour in enough of the water in which the veal was boiled to cover it; let it simmer about an hour and a half. Make a crust about twenty minutes before you are ready for dinner, with baking powder, as for biscuit; cut three slits in it, and put it over the top of the pot; let it boil every minute for ten minutes. Dish it immediately before the crust falls.

BAKED VEAL PIE.

Cut the veal into small pieces, and stew it in just about water enough to fill the pie dish; when it is nearly done take out the veal; season the gravy with pepper, salt, a little mace, and braid two tablespoonfuls of flour with a small piece of butter, and stir this into the gravy. Put the veal into the dish (with a small cup, bottom up, in the centre of the dish, to hold the gravy); pour in the gravy. Have a plain pie crust; put a strip around the edge of the dish; cover the dish with the crust; having cut two or three slits in it. Bake it until the crust is done.

VEAL CUTLETS.

Take slices from the broad end of the leg. Fry three or four slices of salt pork and take them out; wipe the slices of veal dry; put them into the hot fat and fry them a nice brown. Serve with horseradish.

ANOTHER.

Fry half a dozen slices of salt pork. Wash and wipe the slices very dry; dip it into egg and bread crumbs; lay them into hot fat; fry about fifteen or twenty minutes or until they are of a nice brown. Dish the cutlets. Make the gravy by adding a little hot water and butter; dredge in a little flour and tomato catsup, and give it one boil, stirring it all the time; turn it over the cutlets.

BROILED VEAL.

Take a slice about half an inch thick; boil it very slowly, as veal should be very well cooked; season it with butter, pepper and salt.

SWEETBREADS.

STEWED—Wash, remove all the bits of skin, soak in salt and water an hour, then parboil; when half cooked take from the fire, cut in small pieces, stew in a little water till tender; add a piece of butter, a teaspoonful of salt, a teaspoonful of flour, and boil up once; serve on toast very hot.

FRIED—After laying in salt and water, put them in cold water a few minutes, then dry in a cloth thoroughly, fry them with little strips of salt pork; or dip in beaten egg, and roll in bread crumbs, and fry in hot lard; or draw little strips of salt pork through the sweetbreads with a larding-needle, fry till the pork is crisp, then dip in beaten egg and roll in bread crumbs and fry them; pour over half a cup of rich cream, stir in one teaspoonful of flour and let it boil up for a few minutes and serve hot.

BROILED—Parboil after soaking in salt and water, then rub well with butter and broil; turn often, and dip in melted butter to prevent them from becoming hard and dry.

MINCED VEAL.

Take cold veal and chop it very fine, season it with salt and pepper. If you have any cold gravy put it with it; if not, butter will answer, and a little water. Heat it very hot, stirring it often, that the gravy may not oil. Serve it on slices of toasted bread, and garnish with lemon.

A CALF'S HEAD.

Soak a calf's head in cold water two hours; take out the brains; scrape the head very clean; boil the head, heart, liver and lights about two hours; put them into boiling water; tie the brains up in a piece of cloth, with some sweet herbs, and put them in about fifteen minutes before the head is done; take them out and chop them and some parsley, and put into melted butter, with a hard-boiled egg if you choose. Lay the head on a dish with the skin side up. If you choose you can make a gravy by taking a quart of the liquor the head was boiled in, one-third of the liver chopped very fine, the brains braided up with a spoon, a quarter of a pound of butter, two tablespoonfuls of flour, pepper, salt and sweet marjoram. Put this together into a sauce-pan, and let it boil; then add two tablespoonfuls of vinegar; divide the liver and head; skin the tongue and lay it and the heart around the head on the dish; pour over it a part of the gravy and send the remainder to table in a gravy dish. Garnish the dish with sliced lemon and parsley or horseradish grated. The liquor it was boiled in makes a good soup.

TO ROAST A PIG.

It should not be more than a month old, it is better a little less. Clean it thoroughly and sprinkle fine salt over it an hour before it is to be roasted. Cut off the feet at the first joint. Make a dressing of bread crumbs, a little salt, pepper, sage, sweet marjoram, an onion chopped fine, butter, two eggs and a little salt pork, moistened with a little milk; stuff the pig with this and sew it up. When placed on the spit, confine the legs in such a manner as to give it a good shape. Rub it all over with butter or sweet oil to keep it from blistering; flour it at first a little; as soon as it begins to brown, dredge on more flour. Turn the spit every three or four

minutes ; if the flour falls off instantly renew it. When it has all become of a dark brown color, scrape it off into a plate and set it aside. Put into the gravy in the roaster a piece of butter, and baste the pig very often till it is done, which it is when the eyes fall out. A pig weighing nine pounds requires four hours to roast. The feet and liver should be boiled an hour or two, and the gravy from the roaster be poured into the water in which they were boiled. The liver should be cut or mashed fine, the brains taken out and added, and the gravy thickened with the browned flour scraped from the pig. A small pig will roast in two hours and a half.

A SHOULDER OF PORK.

A leg or shoulder of pork weighing eight pounds will require about three hours. With a sharp knife score the skin across in strips about half an inch apart (some score it in diamonds). Have the bone removed, and fill it with a dressing as for a pig roasted. Rub the whole surface with sweet oil or butter, to prevent its blistering. Turn it and baste it very often. Do not put it too near the fire, as pork burns very easily.

A CHINE OR SPARE RIB OF PORK.

Trim off all the unnecessary fat before roasting. A chine requires from two hours and a half to three hours. Salt it well and flour it ; baste it often and be careful it does not burn. It is more healthy because less fat than a spare rib, and having more meat in proportion to the bone, is a more economical piece. A spare rib requires an hour and a half or two hours ; a thin one will roast in an hour and a half. *To make the gravy*—Pour off all the fat from the drippings, pour in a little hot water, dredge in some flour, and a little salt.

PORK STEAKS.

Cut slices from the loin or neck. To fry pork steaks requires twenty-five or thirty minutes. Turn them often. If they are quite fat, pour off all that fries out when they are half done, and reserve it for some other use ; then dip the steaks in crumbs of bread with a little powdered sage, and lay them back into the frying-pan. When done take them up, dredge a little browned flour into the gravy, put in salt, pour in a gill of hot water, let it boil up and turn it upon the dish of steaks.

FRIED PIG'S FEET.

Make a batter; dip the feet into it. Fry them in hot fat until quite brown. Make a little drawn butter, and add a spoonful of vinegar to serve with them.

PIG'S HEAD CHEESE.

Boil a pig's head until the bone comes out; chop very fine; pound about eight soft crackers very fine, and mix this up well; add some sweet herbs, pepper, salt and spices. Put this into a mould, and press it for two or three days. It is very nice cut into thin slices, and eaten cold.

TO BOIL A HAM.

A ham weighing twelve pounds should be cooked four or five hours. Put it into cold water enough to more than cover it; as fast as the water boils away add more boiling water. Take it out when done and skin it, but do not put a fork into it as that causes the juice to run out.

TO BOIL A LEG OF CORNED PORK.

One weighing ten pounds should be put into cold water, and boiled three hours after it begins to boil.

ROASTED VENISON.

A leg of venison should be roasted an hour and a half if eaten on blazers; if on hot plates three hours. The dry skin should be taken off before roasting, with the fingers, not with a knife. The spit should be turned very often; when half done it should be basted with flour, butter and red wine, very frequently until done.

A SADDLE OF VENISON.

A saddle of venison is much the best piece of the deer. It requires but half the time to roast this that it does the leg, for it is a much thinner piece. Dressed in the same manner as the leg.

VENISON GRAVY.

For a leg or saddle of venison take about five pounds of coarse beef; boil five or six hours. To three quarts of this liquor, add a pint and a half of port wine; one nutmeg, two teaspoonfuls of powdered cloves, half a pound of butter, and a little sugar; thicken with browned flour. After boiling the beef and spices together, strain before adding the other ingredients; add mace and half a pint of brandy instead of the wine, if preferred. Salt to taste.

A VENISON STEAK.

Cut steaks from the leg an inch or three-quarters of an inch thick, broil them about five minutes; season with pepper, salt and butter. A cupful of the roast venison gravy, very hot, is nice poured over it; or half a cup of red wine, and half a cup of currant jelly, thickened with a little flour and butter, boiled up and turned over the steak. It should be served very hot.

VENISON PIE.

Take the breast and neck of venison, and cut them into small pieces; season with salt, pepper, and a little ground cloves; put it into the pie dish as thick as possible, fill up the dish with some of the venison gravy, or make a gravy of flour, butter, a little hot water, salt and pepper; put it into the oven for half an hour to stew; then add a nice pie crust. Bake it half an hour longer.

A VENISON POTPIE.

Take any pieces of venison; put it into a pot cut in small pieces, with a little cold water, salt and pepper; chop an onion very fine; add some sweet herbs, and let it stew an hour and a half. Make a crust of a pint of flour, a teaspoonful and a half of baking powder, mixed with milk; put this over the potpie about ten or fifteen minutes before it is time to serve it

BEAR'S MEAT

Is best roasted or broiled, like beef or venison

POULTRY, BIRDS, &c.

TO ROAST A TURKEY.

A young turkey has a smooth leg, and a soft bill, and if fresh the eyes will be bright, and the feet moist. Old turkeys have scaly stiff feet. Pick out the pin feathers very carefully. A pair of tweezers is sometimes necessary to take out those which a knife will not remove; cut out the oil bag above the tail; singe off all the hair by turning it quickly over a blazing paper, cut off the legs

at the joint above the feet; trim the neck, and if too long, cut off some of it; draw out the crop and be sure to take out every thing from the inside. The best way of removing the crop is to make an incision along the back bone, just below the neck. Be careful, in removing the gall bag, not to break it, as it will make every spot it touches bitter, and the most careful washing will not remove it. If there is much fat, trim off some of it. Put the liver, heart and gizzard into water and wash them. Wash the fowl in several waters; it is then ready to be stuffed and skewered. Make a dressing of two cups of bread crumbs, one teaspoonful of salt, two teaspoonfuls of sweet marjoram or thyme, two spoonfuls of butter, one egg, and mix together with milk; add a little pepper and nutmeg if you choose. Stuff the turkey with this, filling the breast and body; and sew it up with a needle and coarse thread; tie the skin over the end of the neck with a thread or piece of twine. Push a short skewer through above the tail, and a long one through the body under the thighs; then tie the ends of the legs down with a twine, close upon the short skewer. Push another long skewer through the body, so as to confine the wings, and tie them around with a twine. Put the spit through the length of the body, and fasten it with two skewers; salt and flour it, and put it to the fire with a little water in the roaster; it should be roasted rather slowly. A turkey weighing twelve pounds should roast three hours; one weighing six or seven, an hour and a half. When half done, flour it again, thickly, when this is browned, baste it often with butter. Remove the skewers and strings before sending it to table.

TO MAKE THE GRAVY—Having washed the heart, neck, liver and gizzard put them into a quart of water with a little salt and boil an hour and a half; skim them when the water first boils up. When done take out the giblets; cut the liver up very fine with a knife and put it into the gravy tureen; take the water the giblets were boiled in, and add the drippings of the turkey and a little flour; give it one boil, stirring all the time. Pour it into the gravy tureen with the chopped liver.

TO BOIL A TURKEY.

Prepare as for roasting, except in the dressing; put in chopped pork instead of butter, and minced parsley instead of sweet herbs. Skewer up the legs and wings as if to roast; flour a cloth well, and pin around it. A turkey weighing eight pounds requires two hours to boil it. Serve with oyster or celery sauce.

ROAST CHICKENS.

Dress and roast the same as a turkey. A pair of chickens weighing six pounds require an hour and a half to roast. Make the gravy as for turkey.

TO BAKE CHICKENS.

Prepare as for roasting; have the oven of good but not a raging heat. Lay the fowl on skewers; baste every five minutes and manage the same as a roast. A turkey can be baked in the same way.

TO BOIL CHICKENS OR FOWL.

Make the same dressing as for boiled turkey, or boil them without dressing if preferred. Skewer them up in good shape as when prepared to roast, and boil them from one to two hours, according to the size and age. If chickens can be carefully skimmed, they need no cloth around them. Serve them with drawn butter and cut parsley. It is an improvement to mash the livers and put into the butter.

TO BROIL CHICKENS.

Cut them open through the back, take out the inwards; wash them and wipe them dry; skewer the legs and wings down firmly; place the inside down on the gridiron. They must boil slowly, and care must be taken they do not burn; turn them in ten minutes. Broil them twenty minutes slowly and season with salt, pepper and plenty of butter, Send to table very hot.

TO FRICASSEE A CHICKEN.

Boil forty minutes in just water enough to cover; take off the scum as fast as it rises. Take it up and carve in the usual way. Put a part of the water in which it was boiled into a spider or stew-pan; rub a piece of butter as large as an egg and a spoonful of flour together, and stir into the water as it boils up; add some salt, and a gill of cream or milk. Lay in the pieces of chicken, cover the pan close, and stew it gently ten minutes.

TO STEAM A TURKEY OR CHICKEN.

Dress it and fill the body with oysters; put it into a dish or pan and set it in the steamer; it will take from three to four hours. When sufficiently done, take it up, strain the gravy that will be found in the pan; thicken it with a little flour and butter, add salt and the liquor of the oysters intended for sauce, also stewed, and warm the oysters up in it; whiten it with a little boiled cream and pour it over the turkey.

TO ROAST A GOOSE.

Take a young goose, pick, singe and clean well; boil it half an hour to take out the strong oily taste; then make the dressing with two ounces of chopped onion (about four common sized), and one ounce of green sage chopped fine; a large coffee cup of bread crumbs and the same of mashed potatoes; a little pepper and salt, a bit of butter as big as a walnut, the yolk of an egg or two; mix these well together, and stuff the goose. Do not fill it entirely; the stuffing requires room to swell. Spit it, tie the spit at both ends to prevent its swinging around, and to keep the stuffing from coming out. The fire must be brisk. Baste it with salt and water at first, then with its own dripping. It will take an hour and a half to roast it thoroughly. Boil the liver, &c., and make the gravy the same as for turkey.

SAUCE FOR A ROASTED GOOSE—Put into a sauce-pan a tablespoonful of made mustard, half a teaspoonful of Cayenne pepper, a glass of port wine, and a gill of gravy; mix and warm, and pour it through a slit in the apron into the body of the goose just before serving.

WILD GOOSE.

A wild goose should be roasted rare; one hour's roasting is sufficient. Add a glass of red wine and half a cup of currant jelly to the gravy, which is made the same as for a common use. Boil it together, and send it to the table in a sauce tureen.

A MONGREL GOOSE

Is dressed the same as the common goose; but as the mongrel has so much flavor, the dressing is unnecessary. Without dressing, an hour and a half will roast a large sized goose.

TO BOIL A GOOSE.

Prepare it as for roasting. Have ready a dressing prepared of bread crumbs, seasoned with salt, pepper and butter, with the addition of two finely chopped onions, a little sage, an egg and a little milk. Fill the body and close it firmly; put it into cold water and boil it an hour and a half if tender. Serve with giblet sauce. The onion can be omitted if not relished.

TO ROAST DUCKS.

Ducks are dressed in the same way as geese. A large pair of tame ducks require one hour to roast; black ducks, half an hour,

and canvas-back the same. Wild ducks can be cooked in fifteen or twenty minutes, but you must have a clear, brisk fire, and a hot spit; they must be browned upon the outside, without being sodden within. To have them well frothed and full of gravy is the object. Prepare the fire by stirring and raking it just before the birds are laid down. If they are too much done they will lose the flavor.

TO ROAST PIGEONS.

Pick out the pin feathers, or if there are a great many, pull off the skin; examine the inside very carefully. Soak them half an hour in a good deal of water, to take out the blood. Then boil them with a little salt and water half an hour, and take off the scum as fast as it rises. Take them out and fill them with stuffing, made as for chickens; sew them up and truss them very tightly. Roast them an hour; baste them with butter, and a strip of salt pork, or lard them. *For the gravy*—Take the drippings, a cup of the liquor they were boiled in, a piece of butter and a little flour; put in half a glass of red wine, and half a teaspoonful of cloves. Give it one boil.

POTTED PIGEONS.

Pick and soak pigeons the same as for roasting. Take five or six slices of salt pork, and fry them a nice brown; chop an onion or two and fry it in the fat till brown; then put the pigeons into the pot with a little salt, pepper and a little flour dredged in; turn in hot water or stock enough to cover the pigeons, and stew them an hour and a half; if the water boils away add a little more. Make a light crust with a pint of flour, a teaspoonful and a half of baking powder, mixed with milk, and put it over the pigeons fifteen minutes before serving. Dish them in a deep dish, and turn the gravy over them.

PIGEON PIE—BAKED.

Prepare the pigeons as for roasting. Put them into a pot, cover them with water and boil until quite tender. Split them in halves and lay them in the dish with some salt, pepper, sweet marjoram and some bits of butter; flour them well. Strain the water in which they were boiled, and fill the dish two-thirds with it. Line the edge of the dish with a nice pie crust, and cover it with the same, after cutting two or three slits in the middle of the crust. Bake until the crust is done.

TO ROAST PARTRIDGES.

Lard them well with fat pork ; tie the legs down to the rump leaving the feet on ; baste them well with butter while cooking. They require from a half to three-quarters of an hour to cook. *For the gravy*—Put the drippings into a sauce-pan with a piece of butter the size of an egg, a little flour and hot water ; let it boil up once. For the bread sauce, see Sauces.

TO BOIL PARTRIDGES.

Take half a pound of salt pork with a strip of lean in it, and boil it an hour, or while you are preparing the birds. Prepare the birds, cut off their feet and tie the legs down ; boil them in the pot with the salt pork half an hour. Serve them with bread sauce, or rub a piece of butter and a tablespoonful of flour together, and boil in a teacup of cream ; add chopped parsley if preferred.

TO BROIL PARTRIDGES.

Split them down the back ; wash and wipe them very dry ; broil them like chickens ; it will take about fifteen minutes to do them slowly ; dish them with salt, pepper and butter.

GROUSE.

Pick them and take out the inwards. Put them into a pot and boil them half an hour to take out the strong taste ; stuff them with a dressing as for turkey or chickens, and lard them well, or put strips of salt pork over them. They require half an hour to roast. Serve with wine gravy as for ducks. Grouse are very good made into a potpie as for pigeons.

SMALL BIRDS,

Such as quails, woodcocks, snipe, plover, &c., are best split and broiled ; but they can be roasted or made into a potpie as for pigeons. Some cooks do not take out the entrails of small birds ; but the flavor is much nicer to draw all out, excepting the heart and liver. This may be done by making a small opening in the vent, and drawing very carefully. Wild birds should not lie in cold water to soak, but should be washed quickly and wiped dry.

JELLY FOR BIRDS.

Put to boil four calf's feet, two onions, one dozen cloves, one dozen pepper corns, a tablespoonful of salt, two carrots and a head of celery, in six quarts of water; boil six hours. Strain this into an earthen pot to cool. When wanted, take off all the fat, put the rest into a preserving kettle, with two lemons cut up, the whites and shells of six eggs; let it boil fifteen or twenty minutes. Take it from the fire, set it where it will keep hot, turn in it a cup of cold water, let it stand fifteen minutes, then strain it through a jelly bag; when it has all run through clear, put what you require in the moulds with the birds; let the rest cool in a dish, to cut small for garnishing the birds. If the jelly is not a good bright color, add a tablespoonful of India soy.

BIRDS IN JELLY.

Have any kind of small birds prepared as for a turkey, stuffed and stewed or roasted. Place the birds in a mould, or deep round dish that will just hold them, breast downwards, with the legs down and tied together; prepare the jelly as above; fill the mould quite full; set it to cool till the next day; then turn it on to the dish, breast up. If the jelly is clear, this is very handsome for a side dish at dinner, or for a supper table, with the colored jelly cut fine and sprinkled round the dish, with a little curled parsley.

HARE OR RABBITS.

Skin the rabbit. First cut off the feet and the tail; cut the skin down the belly and around the neck; begin at the head and draw the skin off whole; open it and take out the entrails; be sure and get them perfectly clean; put them into cold water and let them soak until the blood is all washed out; then have a dressing made as for chicken, fill the bodies and sew them up. Roast or bake them the same as other game, basting often with butter. They require about an hour to cook. Make the gravy of the drippings with a little butter, salt, flour, and some currant jelly if you choose.

BAKED OR POTPIE,

The same as for pigeons or chickens.

MEMORANDA.

MEMORANDA.

CARVING.

PRINCIPLES OF CARVING.

The general principles upon which carving is, or ought to be, conducted, are very plain, and the only real difficulty consists in the necessity for practice to enable the carver to hit the joints, either between the several bones of a piece of mutton or veal, or in any of the various kinds of poultry or game. Each of these must, therefore, be separately considered; but with regard to butchers' meat, one rule may be laid down as almost, but not quite, invariable, and that is always to cut across the fibres of the meat, and not in the same direction. This insures a short grain, and avoids those long strings in the mouth, which are by no means pleasant. If, therefore, the carver will only examine into this point, and ascertain the direction of the grain or fibres of the meat, he will at once be able to cross them with the knife, and gain the desired advantage. The exception alluded to is the under side of the sirloin of beef, which is always cut in the direction of its fibres, though I really do not see why, as it is much improved in flavor by cutting it in the same direction as the upper side; that is, parallel with the bones. This is not, however, a very easy task with a bad knife, as the meat is very apt to slip from the bone. The next rule to be observed is to make the knife and fork assist each other—that is to say, the fork should steady the joint for the knife, or where the fork is used as the means of division in removing the leg of a fowl, the knife must take the office of steadying the body of the bird, and the same remark applies to the carving of any other kind of poultry or game; and thirdly, it is very important, in an economical point of view, to cut all slices, either of meat, game or poultry, completely down to the bone, so as to leave no ragged portions behind.

IN CARVING FISH, the following directions apply:—In carving salmon it is only necessary to avoid breaking the flakes by attempting to divide them at right angles with the long axis of the fish. There is a great difference in the flavor of the back or thick part, and that of the thin part of the fish; and, therefore most people like to be asked which they prefer. This being done, the knife is carried down to the bone longitudinally, and removes a

thick slice of either or both, according to the choice. Mackerel are split at the tail, and the upper half raised from the bone at that part; after which the bone is removed from the lower half of the fish, and that in its turn is served, either in one piece or divided into two, according to its size. Most other small fish are carved in the same way; that is, either by serving them whole, or dividing them with the knife into sections, according to size.

TO CARVE A TURKEY, either roasted or boiled; place the head end towards you, and take off the leg at the first joint, and then the thigh or the whole leg next, and then joint it. Take off the wing close to the joint, leaving the breast whole to be served from. Then commence from the wing joint, cutting straight into the bone, and up to the point of the breast bone (rather diagonally), until all is served. The side bones to be removed by placing the fork firmly into the breast bone, and with the knife cut from the tail end.

A CHICKEN, roasted or boiled, may be carved in the same way as a turkey.

A GOOSE—Remove the joints in the same way as described for a turkey, leaving the entire breast; then draw the knife straight along the breast bone the entire length of the meat, and straight into the bone; serving outwardly, and with parts of the meat from the thigh. The meat on the drumstick of a goose is by some persons preferred to the breast.

A ROAST DUCK should be carved the same as a goose, making allowance for the difference in the size of the birds.

DIRECTIONS FOR CARVING JOINTS.

The haunch of mutton or venison is carved very differently by different people. The usual plan is to cut through the flesh between the leg and loin, and then to run the knife from this to the lower end of the loin, cutting parallel slices in that direction. A much better plan, however, consists in making these cuts in one sweep, carrying the knife directly from the outside of the leg to the end of the loin, and thus getting a beautiful long slice of lean meat with the fat at the end. There is also a delicious mine of kidney fat in the loin of mutton, under the flank, which is often too high in venison; but if fresh enough, is even more rich and palatable in that meat than in mutton.

The saddle of mutton is carved in three different ways: first, by

longitudinal slices along each side of the bone, by which the lean and fat do not come in the same slice; second, by transverse slices, taking in the bones, and which therefore must be thick and clumsy; and third, by oblique slices, slightly curved, which is far the best plan, in which the knife begins at the bone near the tail, and after cutting off the outside, takes a series of parallel slices all through the joint.

In carving a shoulder of mutton or lamb, the first thing for the young housekeeper to ascertain is the position of the bone, which is near the edge on one side. Here the knife must not be inserted, because it would be stopped at once; but by trying the opposite side a deep cut may be made, and from its two surfaces slices are readily obtained. When this part is exhausted, slices may be procured along the sides of the blade bone, and again on the under side some few good cuts will be met with.

The forequarter of lamb must be commenced by separating the shoulder from its bed, carrying the knife all around it and raising it with the fork; after which a lemon should be squeezed into the cut surface, and a little pepper and salt then sprinkled over it; but all this is much better done in the kitchen than on the dining-table. In order to carve this part, the same directions will apply as are given in the last paragraph, and for the remaining portion it is only necessary to separate the thin part, called the brisket, from the ribs, and then divide each into transverse sections. One rib is usually served to each plate, and with this many people like a small division of the brisket; but the question ought always to be asked before giving either or both.

A breast of veal is carved in the same way as the bed of the forequarter of lamb, after the shoulder is removed.

The fillet of veal merely requires successive horizontal slices of meat to be taken off with a sharp knife, serving with each a small portion of fat and force-meat, unless disliked by the person for whom it is intended.

A loin of veal is usually divided into two portions, the clump end and the kidney end. The latter merely requires to be divided into portions at right angles with its length, every other one of which contains a bone, and the intermediate one is of meat only. Most people like some of the fat on the under side, round the kidney, spread on toast and seasoned, when it eats like marrow. The clump end has the tail attached to its upper side, and this

must be taken off horizontally, after which successive slices of meat are served without any bone, which is all in one piece and therefore not capable of being divided.

The shoulder of veal is carved like the shoulder of mutton, by some people, but the best plan is to begin on the under side, and then cut slices from the thick edge opposite the bone and parallel with it. When stuffed, a portion must be served on each plate.

The sirloin of beef is usually carved by cutting the upper side in slices, parallel with the bone, and commencing at the edge, the brown of which forms the first slice. On the under side the knife is generally made to cross the grain, cutting through the middle down to the bone, and removing slices from both sides. This part, however, tastes much better if cut on the same plan as the upper side, that is, by commencing at the edge; but in this way the slices are small, and do not look so handsome; for which reason the ordinary mode is generally preferred.

The round of beef requires the same management as the fillet of veal.

The inferior joints of beef must all be cut by cutting across the grain. The brisket is no exception to this rule, the bones being neglected in carrying it out.

FRICASSEE OF COLD CHICKEN.

Skin the chicken and put the pieces into a frying-pan with some butter, to brown nicely; take them out and make the gravy. Take a tablespoonful of flour, wet with a little water, and stir it into half a pint of the water the chicken was boiled in; let this boil, then add half a cupful of cream or sweet milk, a small piece of butter, and a little pepper and salt. When it is done, pour it over the chicken.

VEGETABLES.

Vegetables should be carefully cleaned from insects, and nicely washed. Boil them in plenty of water, and drain them the moment they are done enough. If over-boiled they will lose their beauty and crispness. Bad cooks sometimes dress them with meat, which is wrong, except carrots or cabbage with boiling beef.

In order to boil vegetables of a good green color, take care that the water boils when they are put in. Make them boil very fast. Do not cover, but watch them, and if the water has not slackened you may be sure they are done when they begin to sink. Then take them out immediately, or the color will change. Hard water, especially if chalybeate, spoils the color of such vegetables as should be green. To boil them green in hard water, put a teaspoonful of carbonate of soda or potash into the water when it boils, before the vegetables are put in.

TO BOIL POTATOES.

Pare or merely wash them, as preferred, and put them into cold water an hour or two before you cook them. Put them into boiling water and boil them for half an hour, or until they are done (try them by running a fork into them). Pour off the water, and sprinkle a little salt over them; put the cover half on, so as to allow the steam to escape, and let them stand while dishing dinner; take them up with a spoon.

BAKED POTATOES.

Wash and wipe them; put them into the oven with the skins on, and bake from three-quarters of an hour to an hour. When about half done prick them all over with a fork; or if that is not done, break them a little as soon as you find they are done; this is to let out the steam and prevent them from getting soggy.

POTATOES ROASTED UNDER MEAT.

Half boil large potatoes, drain the water from them, and put them into an earthen dish or small tin pan, under meat that is roasting, and baste them with some of the drippings. When they are browned on one side, turn them and brown the other; send them up around the meat or in a small dish. Or peel the potatoes and put them into the same pan with the meat, and bake them in the oven about an hour with the meat; baste them with the drippings.

BROILED POTATOES.

Parboil, then slice and broil them till they are nicely browned. To be eaten with butter and salt.

MASHED POTATOES.

Peel and boil them ; put them into a deep dish and mash them with a potato masher ; add salt, a piece of butter and half a cup of cream or milk. Beat this up very lightly with a spoon, and put it into the dish in which it is to be served ; or put it in tin plates in any form, rub them over with egg, and set them in the oven ten or fifteen minutes.

SARATOGA FRIED POTATOES.

Peel good sized potatoes, slice them as evenly as possible, with a potato slicer, if you have it, and drop them into ice water. Have a kettle of lard very hot. Dry the slices on a towel, and drop them, a few at a time, into the lard ; stir them occasionally until well browned. If properly done they will not be at all greasy, but crisp without, mealy within, and very delicious.

FRIED POTATOES.

Cut cold potatoes into slices ; dredge on a little flour, pepper and salt ; put them into a pan where sausages have been fried ; if you use potatoes that have not been cooked, cut them into thin slices, and pour boiling water over them ; let them stand in it while you fry a few slices of salt pork ; wipe them dry, and fry as many at a time as will cover the bottom of the pan.

SWEET POTATOES

Can be boiled, baked or fried, as above ; they must be boiled with the skins on, and put into boiling water. All kinds of vegetables should be put into boiling water to cook. Every kind of vegetable, excepting green peas, should lie in cold water some time before cooking them.

GREEN PEAS.

Peas should be well picked over but not washed ; put them into a coarse lace bag made double, or a fine netted one made for the purpose, and put them into boiling water ; let them boil for half an hour ; put them into the dish with a little salt and butter. As peas grow older they should be boiled longer ; and when they are quite old put a pinch of soda into the water in which they are to be boiled.

ASPARAGUS.

Asparagus should be dressed as soon as possible after it is cut, although it may be kept for a day or two by putting the stalks into cold water. There are several ways of cooking this, each of which is good. Discard all not brittle enough to break easily, tie it in small bunches, and boil it in very little water, with a little salt in it, about twenty minutes. Take off the strings, put it in a covered dish and pour drawn butter over it. Be careful to lay the heads all one way.

ASPARAGUS ON TOAST.

Tie the stalks in small bunches, boil them in very little salt and water until tender; toast as many slices of bread as there are bunches of asparagus, butter them while hot, lay a bunch on each slice of toast, add a little butter to the water, and pour it over the whole.

ASPARAGUS SOUP.

Cut the asparagus in pieces a half inch long, boil in water, with a little salt, and add rich sweet cream to thicken the soup.

ASPARAGUS OMELETTE.

Boil some tender fresh cut asparagus in very little water with a small portion of salt, or what is better still, steam the asparagus without water until it is tender, chop it very fine, mix it with the yolks of five and the whites of three well beaten eggs, and two tablespoonfuls of sweet cream; fry, and serve quite hot.

STRING BEANS.

Beans should never be used in this way after the pod has become old enough to have a string or tough fibre upon it. Cut off each end, and cut them up small. Put them into a bag as directed for peas, and put them into boiling water and boil three hours; put a little soda into the water. Just before you take them up, put some salt into the water. Season with salt and butter.

SHELLED BEANS.

Put them into a bag, and then into boiling water; let them boil an hour to an hour and a half. Serve with butter and salt, or drawn butter.

GREEN CORN.

Husk the corn; pick off all the silk; cut off the rough ends; put it into boiling water, and let it boil half an hour. Send to table in a napkin.

ANOTHER WAY.

Prepare and boil as before; cut the kernels from the cob; stir in a little butter and salt, and send to table in a covered dish.

SUCCOTASH.

Cut off all the corn from the cobs, and an hour and a half before wanted, put the cobs and a few shelled beans into water to boil. Let the cobs boil an hour; take them out and put in the corn and boil it half an hour. Have as little water as possible, as having too much occasions a loss of the richness imparted by the cobs. When done, add salt and a little butter, and pepper if you like. This is much nicer than to boil the corn on the cob, and then cut it off. A small piece of salt pork boiled with the corn and beans, gives it a very good flavor.

CORN OYSTERS.

Take some young sweet corn, cut it from the cobs into a dish, and to a pint of corn add one egg, well beaten, a small teacup of flour, half a gill of cream, and a teaspoonful of salt. Mix it well together. Fry it exactly like oysters, dropping it into hot fat by spoonfuls about the size of an oyster.

EGG PLANT—FRIED.

Cut the egg plant into thin slices; let them lie in salted water for several hours to remove the bitter taste. Heat a small quantity of butter in the frying-pan; when very hot put in the slices; turn them when one side is browned. Let them cook thoroughly.

EGG PLANT IN BATTER.

Make a batter of an egg, a cup of milk, a little salt, and flour enough to make a thin batter. Cut the egg plant in slices, dip them into the batter, and fry in hot fat. Or dip the slices in beaten egg, and then in bread crumbs, with salt and pepper, and fry them in drippings until nicely browned.

BAKED EGG PLANT.

Cut off the stalk end about an inch and a half; scoop out the inside with a spoon; mix this with a boiled onion, chopped fine, a cupful of fine chopped meat of any kind, half a cup of bread crumbs, well seasoned with pepper, salt and spice of any kind; drop in one raw egg; mix this all up well; fill the plant. Bake it half an hour.

CAULIFLOWER—BOILED.

Choose cauliflowers that are close and white; trim off the decayed outside leaves, and cut the stalk off flat at the bottom. Open the flower a little in places to remove the insects which generally are found about the stalk, and let the cauliflowers lie in salt and water for an hour previous to dressing them, with their heads downwards; this will effectually draw out all the vermin. Then put them into boiling water and salt, and let them boil two hours; half an hour before they are done, a cup or two of milk may be put into the water. Serve with drawn butter.

CAULIFLOWER OMELETTE.

Take the white part of a boiled cauliflower after it is cold, and chop it very small, and mix with it a sufficient quantity of well beaten egg, to make a very thick batter; then fry it in fresh butter in a small pan, and send it to table hot.

CABBAGE BOILED WITH MEAT.

Take off all the outside leaves that are decayed; cut the heads into quarters, and examine carefully that there is no vermin lodged in them; lay them in salt and water for an hour to draw out any that may have escaped observation; skim the fat from the pot, and put in the cabbage while the water boils; drain well before serving; leave it as whole as possible. Should the meat be wanted cold, take some of the liquor from the pot to boil the cabbage, filling the pot with boiling water, as the cabbage imparts a disagreeable flavor to meat when cold.

BOILED PLAIN.

Dress the cabbage as above, and put it into salt and water, boiling hot, and boil an hour or an hour and a half, according to size. It is very nice after it is boiled, chopped very fine and fried in a little butter. When done, stir it up, and add a little vinegar.

ONIONS.

Remove all the outside skin, and cut off the stem and the end. Put them into boiling water, and let them boil an hour; or half an hour in water, then pour off the water and cover them with milk, and boil until tender; when dished, put a little salt, butter and pepper over them.

SUMMER SQUASH.

Summer squashes require from half to three-quarters of an hour. They must be pressed in a cloth after they are done; but it is better to boil them in a bag kept for the purpose. Turn the squash into a dish, with a little salt and butter, and smooth over the top.

WINTER SQUASH.

Cut it up and take out the inside; pare it, and if you have a tin steamer with holes in it, that will fit the kettle, and keep the squash from touching the water, it is the nicest way to steam it. It will cook in an hour. Mash it in a dish; stir in butter and salt. Lay it into a dish, smooth the top, and if you like, pepper it.

SPINAGE.

Pick it clean; let it lie in cold water an hour, wash it out, put it into a net or bag of coarse muslin kept for the purpose, and boil it in salt and boiling water fifteen or twenty minutes. Add a little butter and salt. Or when boiled sufficiently, take it up and chop it fine; add pepper, salt and a little butter; put it into a sauce-pan and simmer it ten minutes; toast some bread, butter it, and dish the spinage on the toast.

GREENS.

Cabbage sprouts, the roots and tops of young beets, turnip or mustard tops, cowslips, dandelions and various other things, make a good dish in the spring. When boiled enough they will sink to the bottom. Some require an hour, and others less time. Turnip tops will be boiled enough in twenty minutes. Remember to put salt in the water, unless you boil a piece of pork with them.

SALSIFY OR OYSTER PLANT.

Wash and scrape it very clean, and put it into boiling water with salt in it. When tender cut it in slices and fry it in hot fat, in a batter made of an egg, milk, flour and salt. It is very nice dipped in egg and bread crumbs, and fried or broiled on a griddle.

PARSNIPS.

Scrape and wash them. Boil them three-quarters of an hour; split them and lay them on a dish with a little salt, pepper and butter; or mash them the same as squash. Take those that are left the next day and lay them on a hot griddle or spider, with a

little butter, ham fat or nice drippings, and brown them. They are better than on the first day, They are very nice dipped in egg and crumbs and fried in butter.

TURNIPS.

Boil them in salt and water at least an hour and a half. Take them from the kettle into a deep dish, press them and pour off the water; mash them like potatoes; add salt and a little butter. It is a very nice way to put an equal number of potatoes and turnips together, and mash them until they are thoroughly mixed. This is a favorite dish among the Dutch in the State of New York.

CARROTS.

Boil them two hours; they are very nice in soup or broth. Cut them in slices lengthwise, or dress them as potato fricassees, or serve plain.

BEETS.

Young beets boil in an hour; but in winter they require two or three hours. Be careful not to cut them before boiling, as all the color will boil out; when they are boiled, lay them into cold water for a minute or two; rub off the skins and split them. When cold they are very nice put into vinegar, and a little salt.

CUCUMBERS.

Cucumbers should be gathered while dew is yet on them, and put immediately into water. Half an hour before dinner, pare and slice them very thin, and let them lie in fresh water till dinner is ready; then drain them, lay them into a dish, sprinkle them with salt, pour on the vinegar, and add the pepper.

MUSHROOMS.

If they are old, turn on some boiling water, and let it stand five minutes; if they are tender, this is unnecessary. Cut them in small pieces, put them into a sauce-pan and cook them in a little salt and water; when tender add butter, into which you have rubbed browned flour; add a little pepper and salt, give it one boil, and serve it in a small dish.

STEWED MUSHROOMS.

Be sure the mushrooms are fresh; cut off the part of the stalk which grew in the earth; wash them, remove the skin from the

top, put them into a sauce-pan with half a pint of water, one ounce of butter, the juice of one lemon, a little pepper and salt. Boil them ten minutes, stirring them all the time; thicken half a cup of cream with a little flour, stir it in, and let it boil up once. Send them to the table in a covered dish. They are very nice with beefsteak.

TOMATOES.

When fresh they are very nice eaten cold, with a little salt, pepper and vinegar, if you like. Pour boiling water over them to remove the skins; set them on the ice to cool.

TOMATOES—STEWED.

Pour boiling water over them to remove the skins; cut them up and put them into a sauce-pan with a little salt, butter, and some powdered cracker. Let them stew gently an hour; if you like them sweet, add sugar just before serving; if not, add a little pepper.

TOMATOES—BAKED.

Pour boiling water over them and remove the skins. Put them into a deep dish that has been buttered well; sprinkle salt, pepper and powdered cracker over them, and a few bits of butter. Bake them three-quarters of an hour. Moisten the crumbs occasionally with the liquor that comes from them.

TO PUT UP TOMATOES FOR WINTER.

Skin the tomatoes; cut them up and pour off some of the watery part and some of the seeds; add nothing to it but a little salt; let it boil two hours or longer. When done put it into glass jars or bottles, and seal them up while it is hot. To prevent the jars from breaking, put a large towel that has been dipped in hot water on the bottom of the jar, and around it, while filling, and then wrap a dry cloth around it, to keep the cold air from striking it until it cools a little. Set the jars in a cool dry place, and it will keep good for months.

TOMATO FIGS.

Pour boiling water on them and remove the skins. Take equal weight of sugar and tomatoes, and let them stand two days in an earthen dish. Then boil and skim the syrup, and let the tomatoes stand in it two days longer. Take them out and put them in the sun a week to dry. If the weather is not pleasant let them remain in the syrup until it is. Lay them in a box with powdered sugar between them.

MACARONI—BOILED.

Break the macaroni into pieces about a finger long ; put it to soak in cold water for an hour. Let it boil slowly half an hour, add a little salt and a cupful of milk, and let it boil until tender ; add a small piece of butter and serve as a plain vegetable.

MACARONI—BAKED.

After soaking as above, let it boil in milk half an hour ; drain it. Have some nice cheese grated fine ; butter a small dish and lay in the macaroni and sprinkle a little salt on it ; put the grated cheese on top, and put it into the oven to brown.

FOOD AND DRINKS

FOR THE SICK AND FOR INFANTS.

OAT MEAL GRUEL.

Put a tablespoonful of oat meal, wet in cold water, into a pint of boiling water; boil it gently half an hour; skim it, add a little salt, sugar and nutmeg, and a little milk if agreeable; a few raisins, stoned, may be added if it is wished. But gruel with raisins should be boiled longer than without.

INDIAN MEAL GRUEL.

To make a cupful of gruel, take a tablespoonful of Indian meal, wet it with a little water; pour on to it half a pint of boiling water and let it boil half an hour. Nutmeg, sugar and cream may be added, if approved.

ARROW-ROOT.

The best kinds of arrow-root are the Jamaica and Bermuda. Wet a teaspoonful of arrow-root in a little cold water, with half a teaspoonful of salt; pour on it half a pint of boiling water, stirring it very fast. Then set it where it will just boil up for one minute. Sweeten it and add milk, if it is allowed. For a drink, make it very thin and put in lemon juice and sugar.

BARLEY WATER.

Take a gill of barley (pearl barley is the best), pick it and wash it, and put it into a quart of cold water and a little salt; boil it three hours; add more water if it boils away, so that it will give you a pint of the water after it is strained; but do not add any water after it is taken from the fire. A little lemon juice may be added and sugar. The barley may be eaten with milk and sugar, if it is liked.

MILK PORRIDGE.

Mix a tablespoonful of flour with a little cold water, and a little salt; stir it into half a pint of boiling water; let it boil fifteen minutes; then add half a pint of milk, stir it well and let it boil up once. Vary the proportions of milk and water as the case requires. Made wholly with milk it is a very hearty dish.

GROUND RICE GRUEL.

Rub a tablespoonful of ground rice in a small quantity of cold water, and stir it into half a pint of boiling water; add a little salt, and let it boil up half a minute. If milk is allowed, it is a improvement to make the gruel with equal parts of milk and water.

TOAST WATER.

Toast some slices of bread quite brown, put them into a pitcher, and pour on them boiling water, and let it steep.

HERB TEA.

Herb drinks should be made with boiling water, in an earthen pitcher or teapot, and be drank after standing a few minutes without boiling. Long steeping makes them insipid and disagreeable. FOR WORMWOOD TEA—Half an ounce of dry herb to a quart of water.

CRUST COFFEE.

Take a large crust of brown or Graham bread; dry it and toast it very brown; lay it in a sauce-pan and pour boiling water on it; boil it up a minute or two and then strain off the coffee; return it to the sauce-pan with a little cream or milk in it, and boil it up again. It should be made very strong to look like real coffee, of which it is a very good imitation when well made.

A REFRESHING DRAUGHT IN A FEVER.

Wash a few sprigs of sage, burnet, balm and sorrel, and put them into a jug with half a lemon sliced. Pour in three pints of boiling water, sweeten it and stop it close.

"CONGEE WATER."

A new drink to supply the place of gruel or barley water, is recommended by the *Times*, of India—"congee water," or the

liquor in which rice has been boiled. This drink has three excellent qualities: It becomes impregnated with the properties of the rice boiled in it, and thus satisfies hunger; it quenches thirst, and is a capital draught in fever attacks; and lastly, when taken warm in bed, "congee water" is good for bad colds and influenza.

A DRINK FOR THE SICK.

Two teaspoonfuls of arrow-root in a quart pitcher, with a little cold water to mix it; three tablespoonfuls white sugar, the juice of one lemon and part of the rind; stir all quickly while pouring boiling water until the pitcher is full. Drink cold.

APPLE WATER.

Roast very well two or three apples; put them into a pitcher; turn on some boiling water, and add a little sugar.

CREAM OF TARTAR WATER.

Take one tablespoonful of cream of tartar, and pour on to it a quart of boiling water; add the juice of half a lemon, and sugar to the taste. Drink cold. This will be found excellent in cases of retention of water.

CREAM OF TARTAR WHEY.

Stir into a pint of hot milk a teaspoonful of cream of tartar; if it does not turn the milk add more; stir it; sweeten to the taste. This is said to be good in fever when the patient cannot take wine whey.

ALUM WHEY.

Mix half an ounce of pounded alum with one pint of warm milk, strain it, and add sugar and nutmeg to the taste. This is good in case of hemorrhage.

WINE WHEY.

Boil half a pint of new milk; while it is boiling, put in a cup of white wine; stir it up, turn it into a bowl and let it stand about ten minutes; turn it off from the curd, and flavor it as you like with sugar.

MILK PUNCH.

Take two tablespoonfuls of brandy, a little sugar, and a gill of hot water; add a gill of milk and a little nutmeg.

MEMORANDA.

MEMORANDA.

MULLED WINE.

Take a pint of sherry or Madeira wine and a pint of water; put it to boil in a teakettle; while the wine is boiling, beat up the yolks of six eggs; add half a pound of white sugar, and a little grated nutmeg; stir it all together; beat the whites to a froth, and stir it into the yolks; when the wine is boiled, hold the teakettle as high as possible, and turn the wine and water on, stirring the eggs constantly; then turn it from one pitcher to another until it is all mixed.

RENNET WHEY.

Soak a piece of rennet, two inches square, in half a cup of water two or three hours; warm a pint of new milk lukewarm; turn in the rennet water, stir it up, and let it stand half an hour; cut the curd; let the whey separate from the curd; strain it off, and you will have nearly a pint of clear whey.

A VERY STRENGTHENING DRINK.

Beat the yolk of a fresh egg with a little sugar; add a little wine or brandy; beat the white to a strong froth; stir it into the yolk; fill up the tumbler with new milk, and grate in a little nutmeg.

TO BOIL TAPIOCA AND SAGO.

Soak a cupful in cold water one or two hours; then wash it out; put it into a sauce-pan with one quart of water; let it boil until the water is absorbed; add a little salt.

IRISH MOSS JELLY.

Wash and pick an ounce of this moss; boil it in a pint and a half of water for twenty minutes; strain it and pour it into a dish to jelly. For invalids, and for children when weaned, it is an excellent food, mixed with warm milk.

ARROW-ROOT JELLY.

Put into a sauce-pan and boil together half a pint of water and one glass of sherry, or a tablespoonful of brandy, a little sugar and grated nutmeg. When boiling, mix with them, by degrees, a dessert spoonful of arrow-root, wet with a little cold water; boil all together for three minutes, and then pour it into glasses or small cups. If the invalid is not allowed to take wine, the jelly may be flavored with lemon or orange juice, or with the juice of any fruit which may be in season.

TAMARINDS OR BARBERRY JUICE.

Put double the quantity of water to the juice, and sweeten to the taste. This makes a pleasant drink for an invalid when approaching convalescence.

CALF'S FOOT BROTH.

Boil two calf's feet in two quarts of water, one onion, one carrot, a little salt and mace. Let it boil two or three hours; reduce it to one quart. If the water boils away too much, add more. When it is done, strain it and take off the fat, and add a cup of good wine.

MUTTON BROTH.

A small scrag of mutton boiled two or three hours, in two quarts of water, with a little salt, and a tablespoonful of rice. An onion and a turnip may be cut up and added, if wished.

CHICKEN BROTH.

Cut up a chicken; boil it in two quarts of water with a little salt, and boil it two hours; a tablespoonful of rice, and an onion may be added, if you wish. This will make one quart. The chicken should first be skinned, and all the fat taken off.

EXTRACT OF MEAT.

When the pure juice of meat is to be given to invalids, it may be obtained by putting a little lean beef or mutton, cut small, into a glass bottle, corking it up, and tying a bladder over the cork; the bottle must then be put into hot water and boiled gently for an hour. On opening it a small quantity of real juice may be poured away from the meat.

ANOTHER BEEF JUICE.

Take a pound of lean beef; it is best from the round; warm it a very little on the gridiron; sprinkle a little salt over it; cut it in small pieces, and squeeze it in a lemon-squeezer till all the juice can be extracted. This is the best and quickest method of getting clear beef juice, and it is good for invalids who can take but little liquid at a time, and therefore cannot take beef tea.

All food and drink for the sick should be prepared with careful attention and perfect neatness, and should be served in as inviting a manner as possible. The appetite of an invalid is excited or checked by things that escape the observation of a person in health.

LIEBIG'S SOUP.

Mix one tablespoonful of wheaten flour with the same of freshly ground malt flour, and add seven and a quarter grains of the bi-carbonate of potash. Rub this mixture well in a basin with two tablespoonfuls of water, and gradually add ten tablespoonfuls of new milk, stirring it till all is well blended. Then simmer it over a gentle fire until it begins to thicken. Immediately when it begins to thicken, remove the sauce-pan from the fire, and stir the soup briskly until it becomes fluid. Now place the sauce-pan again over the fire, and let the soup boil gently for five minutes. Then strain it through a fine sieve, so as to clear it from all the bran of the malt. No sweetening will be required; for the soup thus prepared will be as sweet as milk. For the flour, use seconds or common households. The malt should be freshly ground for every time of use. This may be done in a common coffee-mill.

The above formula for soup of mixed wheat and malt flour, was first proposed and strongly recommended by the distinguished chemist, Baron Liebig. He was first induced to use it for one of his own grandchildren, who could not be suckled by its mother, and afterwards for another who required a food more concentrated than milk. In both cases its use was highly successful.

ARROW-ROOT.

This article should by no means be depended on as a chief constituent of diet for infants; but with milk it may supply a pleasant change of food. Take a dessert spoonful of arrow-root and rub in a basin with a little cold water; then add gradually three gills of hot milk, stirring it well, and simmer for five minutes. Add a little loaf sugar and a few grains of salt.

FOOD FOR YOUNG INFANTS.

Pour four spoonfuls of boiling water upon one of sweet cream, and add a very little loaf sugar. This receipt was given by an experienced physician, and has been proved to be entirely suited to the stomach of young children. But care must be taken to secure good cream; and this can be done only by providing new milk every day, from one cow. Mixed milk cannot be safely used for a little infant.

FOR A CHILD JUST WEANED.

There is always danger, especially in warm weather, that the stomach, even of a healthy child, will become disordered by being weaned; and it is important to guard against the evil, by careful attention to the diet for a little while. Boil every morning new milk enough to last twenty-four hours, and stir into it the best of arrow-root wet in cold water, in the proportion of a large teaspoonful to a quart. Add a very little salt, and boil it up again for one minute, then set it in a cold place.

FLOUR GRUEL.

Tie up in a piece of thick cotton cloth a coffee-cup of white flour. Put it into boiling water and keep it boiling steadily three hours; then remove the cloth and lay the lump where it will become perfectly dry. To use it, grate it and thicken two gills of boiling milk with a dessert spoonful of it wet in cold water. Put a little salt in the milk. This is excellent food for feeble children.

FOOD FOR AN INFANT.

For the first three months—Five grains of gelatine; twenty-five grains of arrow-root; two gills of milk; one gill of cream; a pint and a half of water.

From three to six months—Gelatine, arrow-root, and water as above; three gills of milk; one gill of cream.

From six to nine months—Gelatine, arrow-root, and water as above; one pint of milk; a gill and a half of cream.

From nine to twelve months—Gelatine, arrow-root, and water as above; five gills of milk; one and a half or two gills of cream.

If the child is feeble, use in each case one quart of water. Put the gelatine into five gills of hot water, and when it boils add the arrow-root dissolved in a gill of cold water. When this has boiled five minutes add the milk, and when it boils again add the cream. Take it from the fire, and sweeten with loaf sugar until it is slightly sweeter than cow's milk. Strain, if necessary, through fine muslin, and stir occasionally while cooling. If the child is constipated, use a little more cream, or sweeten with brown sugar. In the opposite case use a little less cream. This food should be prepared once in twenty-four hours; in warm weather twice, unless kept in a very cool place.

BEEF TEA.

Take a piece of beef cut from the round ; take off all the fat ; then cut it into pieces about an inch square, and put it into cold water in the proportion of a pint to a pound of beef. Let it stand for half an hour or so, then set it on the fire and let it simmer slowly two or three hours. If the water boils away add more, so that there will be a pint of tea for every pound of beef. Strain it and add a little salt.

CHICKEN PANADA.

Boil a chicken about three-quarters of an hour ; take off the skin, and when cold put the white meat into a mortar ; pound it to a paste with a spoonful or two of the water it was boiled in, season with salt, a little nutmeg and a little grated lemon peel if you choose. Boil gently for a few minutes, and add a little more of the water to make it of such a consistency that it can be drank, though rather thick. This conveys great nourishment in a small compass.

The bones which remain may be returned to the water in which the chicken was boiled ; and with the addition of rice, a good broth be made of it.

THE MILK CURE.

Considerable has been said in medical journals concerning the value of milk as a remedial agent in certain diseases. An interesting article upon this subject lately appeared in the *London Milk Journal*, in which it was stated, on authority of Dr. Benj. Clarke, that in the East Indies warm milk is used to a great extent as a specific for diarrhoea. A pint, every four hours, will check the most violent diarrhoea, stomach-ache, incipient cholera and dysentery. The milk should never be boiled, but only heated sufficiently to be agreeably warm—not too hot to drink. Milk that has been boiled is not fit for use. The writer gives several instances to show the value of this simple substance in arresting this disease. Another writer in the same journal says : “we have also lately tested milk in scarlet fever, and learn that it is now recommended by the medical faculty in all cases of this often very distressing children’s disease. Give all the milk the patient will take, even during the period of the greatest fever. It keeps up the strength of the patient, acts well upon the stomach, and is in every way a blessed thing in this sickness. Parents, remember

it, and do not fail to give it if your dear ones are afflicted with this disease."

Milk in ulceration of the stomach is very serviceable.

In diabetes, an exclusive milk diet has been found to work wonders. It must be persevered in exclusively until convalescence is established.

MILK IN HEART DISEASE—The opinion of Dr. Pecholler, an eminent French physician, is now cited in favor of milk diet in the treatment of disease of the heart. He states that in active hypertrophy—namely, in those cases where the consequences of the development of the muscular fibres prevail over the embarrassment of the circulation caused by the dilation of the cavities, the contraction of the orifices, or the insufficiency of the valves, and where, in consequence, the tension of the blood is great in the arteries, and the radical pulse is full and hard—in such cases, in their commencement, the milk diet, together with the use of digitalis, and sometimes without it, will, if continued long enough, induce at once an amendment of the symptoms, and even at last an absorption of the superabundant muscular tissues, and thus effect a cure. It is found that under the influence of this diet, the impulses of the heart diminish together with the palpitations, also the congested condition of the face, brain and lungs. The patient experiences an unexpected improvement, and by the adoption of this plan, life may be prolonged and rendered more supportable—a great palliation of the symptoms resulting, even though there be no cure.

Boiled milk is digested in two hours, raw milk in two hours and a half. Cream would be too hearty to be used as a food to any great extent.

TO KEEP ICE IN A SICK ROOM.

Make a double pocket of strong woolen cloth. Have a space of about two inches between the inner and outer pocket, and pack this space as full as possible with feathers. With a pocket thus constructed, and kept closely tied at the mouth, a few pounds of ice may be kept for several days.

SIMPLE REMEDIES.

FOR SORE THROAT.

Procure a lump of *pitch tar*, place it in a hot pan, cover it with a tin funnel, put the patient's mouth over the end, and inhale the odor.

ANOTHER.

Bind the throat with an old silk handkerchief; keep it bound during the night.

ANOTHER.

Bind a piece of raw beef outside. Sometimes the beef will turn pale or green.

ANOTHER.

Place the patient at a table so the elbows can rest upon it. Have ready a pint of boiling milk or herbs in a pitcher, place it on the table and let the patient inhale the vapor for fifteen minutes. A large woolen shawl or blanket must be covered over the head and around the pitcher to keep the steam in.

ANOTHER.

Take an old coffee pot, stop up the nose; put in a handful of hops and a few camomile flowers; pour on a pint of boiling water. Have a small piece of brick (about four inches long and two wide); heat it *red hot*, and drop it into the pot and pour on a tablespoonful or two of vinegar. Let the patient inhale the vapor as long as there is any. Cover the head, &c., as above. This is excellent.

ANOTHER.

Touch the part affected with a camel's hair brush dipped in *myrrh*.

FOR DIPHTHERIA, OR SORE THROAT.

Half a pint of brandy, sweeten very sweet. Set fire to it with a piece of letter paper, in a bowl, stirring it constantly. Give the patient a teaspoonful often to produce vomiting.

HOARSENESS, OR TICKLING IN THE THROAT.

Take a small pinch of borax, powdered, place it on the tongue, let it slowly dissolve and run down the throat. Repeat it often. It is also good to keep the throat moist at night and prevent coughing.

CATARRH, OR HEAD COLD.

Take equal quantities of glycerine and rose water mixed, and a few drops of myrrh. Snuff a teaspoonful up each nostril, and spit it out of the throat.

GARGLES.

Strong sumac berry tea used cold.

Strong green tea used cold.

Alum, salt and water. A teaspoonful of alum to half a pint of water.

Vinegar, salt and water.

Tannin, potash, alum and water.

Lemon juice, or potash mixed with water.

Camphor water with a little rose added to flavor it. This is excellent to preserve the teeth.

FOR DIARRHŒA.

One teaspoonful of sweet tincture of rhubarb, to be taken clear, once an hour. Or, gum arabic water.

ANOTHER.

A tablespoonful of flour stirred into half a tumbler of water, and drink it; repeat it in a few hours if the first should not check it. A simple, but effectual remedy.

FOR A SORE THROAT.

Every family should keep a small quantity of chlorate of potash. There is nothing equal to it for a simple ulcerated sore throat. Dissolve a teaspoonful of it in a tumbler of water; and then occasionally take a teaspoonful of the solution, so as to gargle the throat. It is nearly tasteless, and not at all offensive to take, and hence it is well adapted to children. Or take equal parts of chlorate of potash and borax mixed, and put a little on the tongue dry, and let it gradually run down the throat.

Nothing is better than chlorate of potash for chapped or cracked

hands. Wash them in a weak solution, and they will soon be well. It is also good for a rough, pimply or chapped face. It can be found at any druggist's.

TO CURE COUGH OR HOARSENESS.

Take an ounce of gum arabic, put it into a pint of cold water, set it on the fire to dissolve, and let it simmer about ten minutes; add to it as much loaf sugar as you like, and half a lemon. If the cold is acute, drink as you please; but take every ten or fifteen minutes, two teaspoonfuls or more, as the disease may require.

FOR A COUGH.

Procure a small quantity of Peruvian bark at a druggist's, where you have reason to believe a genuine article may be obtained, and on the very first symptoms of irritation of the throat, and disposition towards what is termed "hacking," chew a piece about the size of a bean; this will at once relieve; and on recurrence of the symptoms apply the same remedy. Two or three doses will cure.

FLAXSEED JELLY—FOR A COUGH.

A coffee-cup of flaxseed, two quarts of water, boil several hours until reduced to a jelly; squeeze in the juice and pulp of a large lemon; strain the jelly through a thin cloth, and add half a tea-cup of loaf sugar. If you wish it very thick, boil it an hour longer. Take a tablespoonful every hour.

FOR A COUGH.

A strong decoction of the leaves of the pine, sweetened with loaf sugar. Take a wineglass, warm, on going to bed, and half an hour before eating, three times a day. The above is sold as a cough syrup.

BORAX WATER.

One tablespoonful of borax, half a pint of water. This is excellent for cutaneous eruptions, canker, ring-worm, &c.

TO SWEETEN THE BREATH AND CLEANSE THE TEETH.

Always clean the teeth at night, just before retiring, for particles of food collect between the teeth during the day, and if left there all night will decay, causing the breath to become offensive, and also prove very injurious to the teeth. Scrub the teeth with a hard

brush, using little if any soap; sprinkle on a little powdered borax (one pinch will do) until the gums are hardened and become accustomed to it; rinse the mouth often with borax water; it will prevent it from becoming sore or tender. If artificial teeth are worn, cleanse them thoroughly with borax, and, when convenient, let them remain in borax water (every night, if possible); it will purify them and help to sweeten the breath.

BORACIC ACID—FOR SKIN DISEASES.

Boracic acid has lately been used abroad with great success as an external application in the treatment of vegetable parasitic diseases of the skin. In the different forms of the tinea—*T. tonsurans circinata*—and in that very troublesome form of the disease which affects the scrotum and the inner side of the upper parts of the thighs of many Europeans in India, its application is said to act like a charm. A solution of a dram of the acid to an ounce of water, or as much of the acid as the water will take up, is found to meet the requirements of the case satisfactorily. As further treatment, the affected parts should be well bathed in the solution twice daily, some little friction being used, and the solution allowed to dry on the parts.

REMEDY FOR INSECT BITES.

When a mosquito, flea, gnat, or other noxious insect punctures the human skin, it deposits or injects an atom of an acidulous fluid of a poisonous nature. The results are irritation, a sensation of tickling, itching, or pain. The tickling of flies we are comparatively indifferent about; but the itch produced by a flea, gnat, or other noisome insect, disturbs our serenity, and like the pain of a wasp or bee sting, excites us to a remedy. The best remedies for the sting of insects are those which will instantly neutralize this acidulous poison deposited in the skin. These are either ammonia or borax. The alkaline reaction of borax is scarcely yet sufficiently appreciated. However, a time will come when its good qualities will be known and more universally valued than ammonia, or as it is commonly termed, "hartshorn." The solution of borax for insect bites is made thus:—Dissolve one ounce of borax in one pint of water that has been boiled and allowed to cool. Instead of plain water, distilled rose water, elder, or orange-flower water is more pleasant. The bites are so

be dabbed with the solution so long as there is any irritation. For bees' or wasps' stings, the borax solution may be made of twice the above strength. In every house this solution should be kept as a household remedy.

COLD IN THE HEAD.

This can be cured at once if taken care of at the very beginning. Dissolve a tablespoonful of borax in a pint of hot water; let it stand until it becomes tepid; snuff some up the nostrils two or three times a day, or use the dry powdered borax like snuff, taking a pinch as often as required. At night have a handkerchief saturated with spirits of camphor; place it near the nostrils, so as to inhale the fumes while sleeping.

FOR ARRESTING FERMENTATION.

Dissolve a small quantity of borax (half a teaspoonful) in a tablespoonful of boiling hot water, for every quart of cream or milk. To keep meat from spoiling, sprinkle on a little powdered borax like salt, then wash well in borax water before cooking.

REMEDY FOR POISON IVY.

Dissolve sugar of lead—a bit the size of a hazelnut—in half a teacup of sweet milk or warm water. Apply as warm as can be easily borne, with a soft linty piece of linen rag. Three or four applications are sufficient to effect a cure. If the poison is on the face and nearing the eyes or mouth, this astringent wash may be constantly applied. It is a marvelous cure, and by watching closely, one can see the fevered blisters turn from white to yellow during the application. This remedy for ivy poison should prevent a great deal of suffering. It is well where a member of a family is easily poisoned, to keep sugar of lead in the house all the time. Let it be labelled and kept where it can be found the moment it is wanted. Keep it well wrapped up, that it may not lose its strength.

FOR STOPPAGE OF WATER.

Buckthorn berries steeped in water, to make a strong tea. Take a wineglass full two or three times a day.

TO CHECK THE FLOW OF WATER.

Mullen tea, or catnip tea; or both mixed.

GLYCERINE.

TO PRESERVE THE SMOOTHNESS AND SOFTNESS OF THE HANDS—Keep a small bottle of glycerine near the place where you habitually wash them, and whenever you have finished washing, and before wiping them, put one or two drops of glycerine on the wet palm and rub the hands thoroughly with it as if it were soap, and then lightly dry with a towel. Household work and bad weather will not prevent your skin from being smooth and soft, if this plan of using glycerine is followed.

MEDICAL USES OF GLYCERINE.

Among the various uses for which glycerine has been found specially valuable as a medicinal agent, is that of food for infants. When raised by hand they can be kept comparatively free, it is said, from many of the ills to which they are liable, by the substitution of from four to six drams of glycerine for the amount of sugar usually added to the cream, milk or water constituting their diet. In cases of deafness, too, of adults from deficiency, accumulation or hardness of the cerumen, glycerine is alleged to be one of the best remedial agents introduced into the canal, by means of raw cotton saturated with it. It is also claimed to be the only known agent which will preserve vaccine lymph for any considerable time without deterioration; it has been found extremely useful in numerous skin diseases, and its serviceableness has been satisfactorily proved in connection with all the various substances used locally in diseases of the eyes, except nitrate of silver, which latter it decomposes.

HAIR WASH.

Aromatic spirits of ammonia, half an ounce; bergamot oil, six drops; bay rum, six ounces. Mix.

CURE FOR PRICKLY HEAT.

Mix a large portion of wheat bran with either cold or lukewarm water, and use it as a bath twice or thrice a day. Children who are covered with prickly heat in warm weather will be thus effectually relieved from that tormenting eruption. As soon as it begins to appear on the neck, face or arms, commence using the bran water on these parts repeatedly through the day, and it may spread no farther. If it does, the bran water bath will certainly cure it, if persisted in.

CURE FOR A FELON.

Cut the top off a lemon, make a hole in it, plunge the finger into it, wrap it up; it will soon give relief.

ANOTHER.

Take a teaspoonful of fine salt, a tablespoonful of black pepper, a tablespoonful of vinegar and the yolk of an egg, simmer together and bind on. Renew twice a day. A never-failing remedy.

FOR GOUT.

Gout first appears in the great toe. Relax the bowels and take twenty drops of colchicum three times a day; continue a mild laxative, and the drops, until relieved.

WORM SYMPTOMS.

Loss of appetite, colicky pains, excessive flow of saliva, fetid breath, grinding the teeth. If severe purging is not sufficient, ten to twenty drops of turpentine in sweetened water, three times a day. For pin worms, a copious injection of very salt water.

TO REMOVE STAINS FROM HANDS.

Oxalic acid and cream of tartar, equal parts, dry powder.

FOR WHITENING THE HANDS.

A wineglass of cologne and one of lemon juice, strained clear. Scrape two cakes of brown Windsor soap to a powder, and mix well in a mould. When hard, it is fit for use, and will be found excellent for whitening the hands.

WASH FOR THE TEETH.

Dissolve two ounces of borax in three pints of warm water. Before the water is quite cold add one teaspoonful of tincture of myrrh and one tablespoonful of spirits of camphor. Bottle the mixture for use. One wineglass of the mixture added to half a pint of tepid water is sufficient for each application. This solution, used daily, beautifies and preserves the teeth.

TO PREVENT HAIR FALLING OUT.

Ammonia, one ounce; rosemary, one ounce; cantharides (Spanish flies), four drams; rose water, four ounces; glycerine, one ounce. First wet the head with cold water, then apply the mixture, rubbing briskly. This receipt I constantly use, and, it is invaluable.

THE BEST HAIR DRESSING.

Beat up an egg and rub it well in all over the head ; then pour over it warm water, which will remove the egg and also carry away all the scurf ; lastly, dry thoroughly with a cloth, after which the hair will be very clean, and will take on a fine gloss with a brush. On no account use sharp combs to clean the head.

A CURE FOR PIMPLES.

Wash the face in a solution of carbolic acid, allowing one teaspoonful to a pint of water. This is an excellent and purifying lotion, and may be used on the most delicate skin. Be careful about letting the wash get into the eyes, as it will weaken them.

ANOTHER.

Take a teaspoonful of oat meal, cook in three tablespoonfuls of water half an hour, then strain through a thin cloth, and apply with a soft sponge three times a day for two or three months. This should be washed off as soon as thoroughly dry. It will cure pimples on the face, unless caused by diseased stomach.

REMEDY FOR DEAFNESS.

Drop three or four drops of glycerine in the ear before retiring at night ; in the morning, syringe the ear with warm water, and continue this practice faithfully for some time. The deafness and ringing often result from a collection of wax on the tympanum or drum of the ear, and the glycerine has the effect to loosen it, while the water removes it.

MURRAY'S LINIMENT FOR THE FACE AFTER SHAVING.

One ounce of lime water, one ounce sweet oil, one drop oil of rose ; shake well before using ; apply with forefinger.

MEDICAL USES OF SALT.

In many cases of disordered stomach, a teaspoonful of salt is a certain cure. In the violent internal aching, termed colic, add a teaspoonful of salt to a pint of cold water ; drink it and go to bed. It is one of the speediest remedies known. The same will revive a person who seems almost dead from receiving a heavy fall. In an apoplectic fit no time should be lost in pouring down salt and water, if sufficient sensibility remains to allow of swallowing ; if not, the

head must be sponged with cold water until the sense returns, when salt will completely restore the patient from the lethargy. In a fit, the feet should be placed in warm water, with mustard added, and the legs briskly rubbed, all bandages removed from the neck, and a cool apartment procured, if possible. In many cases of severe bleeding at the lungs, two teaspoonfuls of salt will completely stay the blood. In case of a bite from a mad dog, wash the part with a strong brine for an hour, and then bind on some salt with a rag.

LEMONS—A CURE FOR CONSUMPTION.

A correspondent of an English medical journal furnishes the following recipe as a new cure for consumption: Put a dozen whole lemons in cold water and boil until soft (not too soft), roll and squeeze until the juice is all extracted, sweeten the juice enough to be palatable, then drink. Use as many as a dozen a day. Should they cause pain or looseness of the bowels, lessen the quantity, and use five or six a day until better. By the time you have used five or six dozen you will begin to gain strength and have an appetite. Of course, as you get better you need not use so many. Follow these directions, and we know that you will never regret it if there is any help for you. Only keep it up faithfully. We know of two cases where both of the patients were given up by the physicians, and were in the last stages of consumption, yet both were cured by using lemons according to the directions we have stated. One lady in particular was bed-ridden and was very low; had tried everything that money could procure, but all in vain, when to please a friend she was finally persuaded to use lemons. Accordingly, she began to use them in February, and in April she weighed one hundred and forty pounds. She is a well woman to-day, and likely to live as long as any of us.

CURE FOR CORNS.

Place the feet for half an hour, two or three nights successively, into a pretty strong solution of common soda. The alkali dissolves the indurated cuticle and the corn comes away, leaving a little cavity which, however, soon fills up.

ANOTHER.

Soak ivy leaves in vinegar during the space of fifteen days; then place a leaf or part of a leaf over the corn; renew it every morning, and scrape off with pumice stone, dipped in vinegar each time, the

hard portion of skin that is detached. The vinegar acts by stimulating the absorbents; and the friction hastens their action. The pumice-stone and vinegar will answer the purpose, if used every morning.

TO REMOVE CORNS FROM BETWEEN THE TOES.

These corns are generally more painful than any others, and are frequently so situated as to be almost inaccessible to the usual remedies. Wetting them several times a day with hartshorn or ammonia will, in most cases, cure them.

TO CURE WARTS OR CORNS.

A small piece of raw beef steeped in vinegar over night; tie it on to the part affected, or bind it on with strips of sticking plaster; apply each night for two weeks.

FOR CHILLS AND FEVER.

Dissolve fifteen grains of citric acid in a cup of hot coffee, and drink it just before the chill attacks you. It has been known to cure the worst cases of this disease.

FOR THE HAIR.

One-half pint castor oil, one-quarter pint Jamaica rum, one dram tincture cantharides; add a little perfume to suit.

FOR RINGWORM.

A simple and harmless application for ringworm is found by washing with a solution made from the root of the common narrow-leaved dock, which belongs to the botanical genus *Rumex*. Use vinegar for the solvent.

INFLAMED EYELIDS.

Cut a slice of stale bread as thin as possible, toast both sides well, but do not burn; when cold, lay in cold spring or ice water; put between a piece of old linen and apply, changing when it gets warm.

CURE FOR IVY POISONING.

Caladene, commonly called touch-me-not. Its botanical name is *Impatiens fulva*, and it usually grows where the ivy does. Bruise the leaves and apply the juice. It was never known to fail when thoroughly applied.

MEMORANDA.

MEMORANDA.

POISONS AND ANTIDOTES.

It not unfrequently happens that serious and distressing results are occasioned by the accidental employment of poisons, and it occurred to us that we might do a service to some of our readers by presenting them with a brief and compendious list of the more common poisons, and the remedies for them most likely to be close at hand:—

ACIDS—These cause great heat, and sensation of burning pain from the mouth down to the stomach. *Remedies:* Magnesia, soda, pearlash, or soap, dissolved in water; then use stomach pump or emetics.

ALKALIES—Best remedy is vinegar.

AMMONIA—*Remedy:* Lemon juice or vinegar; afterwards milk and water, or flaxseed tea.

ALCOHOL—First cleanse out the stomach by an emetic; then dash cold water on the head, and give ammonia (spirits of hartshorn).

ARSENIC—*Remedies:* In the first place evacuate the stomach; then give the white of eggs, lime water, or chalk and water, charcoal and the preparation of iron, particularly hydrate.

LEAD—White lead and sugar of lead. *Remedies:* Alum and cathartics, such as castor oil, and Epsom salts especially.

CHARCOAL—In poisons by carbonic gas, remove the patient to open air, dash cold water on the head and body, and stimulate nostrils and lungs by hartshorn, at the same time rubbing the chest briskly.

CORROSIVE SUBLIMATE—Give white of eggs freshly mixed with water, or give wheat flour and water, or soap and water freely.

CREOSOTE—White of egg and emetics.

BELLADONNA OR NIGHT HENBANE—Give emetics and then plenty of vinegar and water, with a dose of ether, if handy.

NITRATE OF SILVER, (*lunar caustic*)—Give a strong solution of common salt, and then emetics.

OPIMUM—First give a strong emetic of mustard and water, then strong coffee and acid drinks; dash cold water on the head.

LAUDANUM—Same as opium.

NUX VOMICA—First emetics, then brandy.

OXALIC ACID—Frequently mistaken for Epsom salts. *Remedies:* Chalk, magnesia, or soap and water freely; then emetics.

NITRATE OF POTASH—Give emetics, then copious draughts of flaxseed tea, milk and water, and other soothing drinks.

PRUSSIC ACID—When there is time, administer chlorine in the shape of soda or lime. Hot brandy and water, hartshorn and turpentine are also useful.

SPRAINS.

Hall's Journal of Health gives a chapter on sprains, which may contain useful hints to sufferers from them. Sprains or strains of the joints are very painful, and more tedious of recovery than a broken bone. What we call flesh is muscle; every muscle tapers down to a kind of string, which we call cord or sinew. The muscle is above the joint, and the sinewy part is below it, or *vice versa*, and the action is much like that of a string over a pulley. When the ankle, for example, is "sprained," the cord, tendon, or ligament (all mean the same thing) is torn in parts, or whole, either in its body, or from its attachment to the bone, and inflammation—that is, a rush of blood to the spot—takes place as instantly as in case of a cut on the finger. Why? For two reasons. Some blood vessels are ruptured, and very naturally pour out their contents; and second, by an infallible physiological law, an additional supply of blood is sent to the part to repair the damages, to glue, to make grow together the torn parts. From this double supply of blood the parts are overflowed, as it were, and push out, causing what we call "swelling"—an accumulation of dead blood, so to speak. But dead blood cannot repair an injury. Two things then are to be done; to get rid of it, and to allow the parts to grow together. But if the finger be cut, it will never heal as long as the wound is pressed apart every half hour, nor will a torn tendon grow together if it is stretched upon by the ceaseless movement of a joint; therefore, the first and indispensable step, in every case of sprain, is perfect quietude of the part; a single bend of the joint will retard what nature has been hours in mending. It is in this way that persons with sprained ankles are many months in getting well. In cases of sprain, then, children who cannot be kept still, should be kept in bed, and so with many grown persons. The "swelling" can be got rid of in several ways: by bandages, which in all cases of sprain should be applied by a skilful phy-

sician, otherwise mortification and loss of limb may result. A bandage thus applied keeps the joint still, keeps an excess of blood from coming to the part, and by its pressure causes an absorption of extra blood or other extraneous matter. Another mode of getting rid of the swelling is, to let cold water run on the part injured for hours.

HOW TO STOP BLOOD.

Take the fine dust of tea, or the scrapings of the inside of tanned leather; bind it upon the wound closely, and blood will soon cease to flow. After the blood has ceased to flow, laudanum may be applied to the wound. Due regard to these instructions will save agitation of mind and running for a surgeon, who, probably, will make no better prescription if present.

TO STOP THE FLOW OF BLOOD.

Take dried and pulverized leaves of common tall wild sunflower—*helianthus giganteus*. Sprinkle a small quantity into a wound, and the blood will cease to flow almost instantly, unless an artery is severed. The plant is very common in Michigan, growing to the height of six or eight feet.

If the blood comes from a wound by jets or spurts, be spry, or the person will be dead in a few minutes, because an artery is severed; tie a handkerchief around loosely near the part *between the wound and the heart*; put a stick between the handkerchief and the skin, twist it around until the blood ceases to flow, and keep it there until the doctor comes; if in a position where the handkerchief cannot be used, press the thumb on a spot near the wound, between the wound and the heart; increase the pressure until the bleeding ceases, but do not lessen that pressure for an instant, until the physician arrives, so as to glue up the wound by the coagulation or hardening of the cooling blood.

DIFFERENCE BETWEEN ARTERIES AND VEINS.

The knowledge of the distinction between arteries and veins is of the utmost practical importance, particularly to people residing in districts remote from surgical aid, where those who receive serious wounds may actually bleed to death for want of such easily acquired information. The arteries are composed of no less than four very firm, strong, elastic membranes or coats; and this, as well as their being generally deeply seated in the flesh, to guard

them from injury, renders them less liable to be hurt by accident; but when cut or wounded, the firmness of these coats prevents their closing, and hence arises the fatal tendency of wounds of large blood vessels, which will remain open until they are tied, or till death ensues. Another distinctive character is, that the pulse of the heart is felt in the arteries only. The veins lie near the surface; and bleeding from them may readily be stopped, in common cases, by closing the orifice, and bandaging in the manner usually adopted by operators after having opened a vein in the arm or foot. When a person, or animal, is seriously wounded, and a surgeon cannot be immediately procured, ignorant bystanders will often content themselves by laying on a little lint, or cobweb, or some other trifling application, wholly inadequate to the case; they ought to know that when such remedies fail, and more especially when the blood flows from the wound in pulsatory leaps, it should be arrested by mechanical compression, until professional aid be obtained. This can be easily done by the most ignorant person present, by winding a string or bandage tightly above the wound. The more skilful, or better informed, may take up the severed artery, and twist or tie it up.

TO STOP BLEEDING AT THE NOSE.

Press the finger upon the little artery which supplies blood to the side of the face; pass the finger along the edge of the jaw upon the same side until the beating of the artery is felt; continue five minutes.

HOW TO CURE SMALL-POX.

"I am willing to risk my reputation as a public man," wrote Edward Hine, to the *Liverpool Mercury*, "if the worst case of small-pox cannot be cured in three days, simply by the use of cream of tartar. One ounce of cream of tartar dissolved in a pint of boiling water, drank at intervals, when cold, is a certain never-failing remedy. It has cured thousands, never leaves a mark, never causes blindness, and avoids tedious lingering."

CHOLERA REMEDY.

Take equal parts, each, of laudanum, camphor and rhubarb; mix well and take as often as required.

HEADACHE.

To cure a simple headache, put the feet in very warm water, and keep them there for fifteen minutes. This will often afford immediate relief. If the pain is severe, add a tablespoonful of dry mustard to the water.

A CURE FOR HYDROPHOBIA.

This recipe is that of M. Cassar, a French physician : Take two tablespoonfuls of fresh chloride of lime, mix it with half a pint of water, and with this wash keep the wound constantly bathed, and frequently renewed. The chlorine gas possesses the power of decomposing this tremendous poison, and renders mild and harmless that venom against whose resistless attack the artillery of medical science has been so long directed in vain. It is necessary to add, that this wash should be applied as soon as possible after the infliction of the wound or bite.

REMEDY FOR IN-GROWING TOE NAILS.

The best remedy for in-growing toe nails is to cut a notch about the shape of a V in the end of the nail, about one-quarter the width of the nail distant from the in-growing side. Cut down as nearly to the quick as possible, and one-third the length of the nail. The pressure of the boot or shoe will tend to close the opening you have made in the nail, and this soon affords relief. Allow the in-growing portion of the nail to grow without cutting it, until it gets beyond the flesh.

TO PREVENT THE EDGES OF NAILS FROM GROWING INTO THE QUICK.

On the first indication of the nail penetrating the quick, it may be prevented, if early attended to, by bathing the feet in warm water, and gradually raising up that part which seems disposed to enter the quick, and introducing a piece of lint under it. The nail will then take a different direction, and the evil will be remedied. In the adult nails, which take this disposition, the centre of the nail is to be scraped longitudinally, nearly down to the quick. The foot is then to be put into warm water, and the penetrating parts raised out, which will now be the more easily effected in consequence of being scraped. This being done, pieces of lint are to be introduced and retained there until the edge of the nail is diverted into its proper course.

TO CURE THE BITE OF A MAD DOG.

Take immediately warm vinegar or tepid water, and wash the wound very clean; then dry it and pour upon the wound a few drops of muriatic acid. Mineral acids destroy the poison of the saliva, and its evil effects are neutralized.

CURE FOR EARACHE

Take a small piece of cotton batting or cotton wool, make a depression in the centre with the finger, and fill it up with as much ground pepper as will rest on a five cent piece; gather it into a ball, and tie it up; dip the ball into sweet oil, and insert it in the ear, covering the latter with cotton wool, and use a bandage to retain it in its place. Almost instant relief will be experienced, and the application is so gentle that an infant will not be injured by it, but experience relief as well as adults.

TO REMOVE SUNBURN.

Take two drams of borax, one dram of alum, one dram of camphor, half an ounce of sugar candy, and a pound of ox-gall. Mix and stir well for ten minutes, and stir it three or four times a day for a fortnight. When clear and transparent, strain through blotting paper, and bottle for use.

FRECKLES AND SUNBURN.

'Bruise and then squeeze the juice out of the common chickweed, and to this juice add three times its quantity of soft water. Bathe the skin with this for five or ten minutes, and wash afterwards with clean water, night and morning. Elder flowers treated and applied exactly in the same manner. When the flowers are not to be had, the distilled water from them (which may be procured from any druggist) will answer the purpose. Honey, one ounce, mixed with one pint of lukewarm water; when cold it forms a good lotion. This is commonly called honey-wash. Take carbonate of potass, twenty grains; milk of almonds, three ounces; oil of sassafras, three drops. Mix and apply two or three times a day.

WEAK EYES.

Get a five cent cake of elder flowers at the druggist's, and steep in one gill of soft water—it must be steeped in bright tin or earthen ware; strain nicely, and then add three drops of laudanum; bottle it tight and keep in a cool place; then use it as a wash, letting

some of it get in the eyes; follow this and relief is certain. If the eyes are painful or much sore, make some soft compresses, wet in the mixture, and bind over the eyes at night. I can warrant the above as harmless and sure, having tried it in a number of cases where other skill and remedies had utterly failed. If the eyes are badly inflamed, use it very freely; and a tea made of elder flowers and drank, would help cleanse the blood. Pure rock salt and water will strengthen your weak eyes, if you bathe them daily in it. I would earnestly advise you to avoid mixtures or washes containing mineral or other poisons.

TO CLEANSE THE HAIR.

Ammonia should not be used on the hair; it injures the gloss and softness, causing the hair to become harsh and dry. The best way to cleanse the hair and keep the scalp healthy is to beat up a fresh egg and rub it well into the hair, or if more convenient, rub it into the hair without beating. Rub the egg in until a lather is formed; occasionally wet the hands in warm water, softened with borax; by the time a lather is formed the scalp is clean; then rinse the egg all out in a basin of warm water, containing a table-spoonful of powdered borax; after that, rinse in one clear warm water.

POMADE.

Take the marrow out of a beef shank bone, and put it into a jam pot; set the pot in a sauce-pan of water, and boil until the marrow is quite melted. Then strain and add scent to liking; ottar of roses is nicest. Lard, five ounces; olive oil, two and one-half ounces; castor oil, one-quarter ounce; yellow wax and spermaceti, of each, one-quarter ounce. These ingredients are to be liquefied over a water bath; then add, when cool, the following perfume: essence of lemon, essence of bergamot, of each, sixty drops; oil of cloves, fifteen drops.

WHAT TO DO IN CASES OF ACCIDENT.

For dust in the eyes, avoid rubbing; dash water into them, remove cinders, &c., with the round point of a lead pencil. Remove insects from the ear by tepid water; never put a hard instrument into the ear. If an artery is cut, compress above the wound; if a vein is cut, compress below. If choked, get upon all fours and cough. For light burns, dip the part in cold water; if

the skin is destroyed, cover with varnish. Smother a fire with carpets, &c. ; water will often spread burning oil and increase the danger. Before passing through smoke take a full breath and then stoop low, but if carbon is suspected, then walk erect. Suck poisonous wounds, unless your mouth is sore. Enlarge the wound, or better, cut the part out without delay. Hold the wounded part, as long as can be borne, to a hot coal or end of a cigar. In case of poisoning, excite vomiting by tickling the throat, or by water or mustard. For acid poisons, give acids ; in case of opium poisoning, give strong coffee and keep moving. If in water, float on the back with the nose and mouth projecting. For apoplexy, raise the head and body ; for fainting, lay the person flat.

TO PURIFY WATER.

A tablespoonful of pulverized alum sprinkled into a hogshead of water (the water stirred at the same time), will, after a few hours, by precipitating to the bottom the impure particles, so purify it that it will be found to possess nearly all the freshness and clearness of the finest spring water. A pailful, containing four gallons, may be purified by a single teaspoonful of the alum.

TO WHITEN THE FINGER NAILS.

Take two drams of dilute sulphuric acid, one dram of the tincture of myrrh, four ounces of spring water, and mix them in a bottle. After washing the hands, dip the fingers in a little of the mixture, and it will give a delicate appearance to the hand. Rings, with stones or pearls in them, should always be removed from the hands.

DISINFECTING AGENTS.

One pint of the liquor of chloride of zinc in one pailful of water, and one pound of chloride of lime in another pailful of water. This is perhaps the most effective of anything that can be used, and when thrown upon decayed vegetable matter of any description, will effectually destroy all offensive odors.

Two or three pounds of sulphate of iron (copperas) dissolved in a pailful of water will, in many cases, be sufficient to remove all offensive odors.

Chloride of lime is better to scatter about in damp places, in yards, and upon heaps of filth.

A CHEAP FUMIGATOR.

The following will be found to be a cheap and pleasant fumigator for sick rooms, diffusing a healthful, agreeable and highly penetrating disinfectant odor in close apartments or wherever the air is deteriorated. Pour common vinegar on powdered chalk until effervescence ceases, leave the whole to settle, and pour off the liquid. Dry the sediment, and place it in a shallow earthen or glass dish, and pour upon it sulphuric acid until white fumes commence arising. This vapor quickly spreads, is very agreeably pungent, and acts as a powerful purifier of vitiated air.

DISINFECTING OR CHLORINE GAS.

One part black oxide manganese, three parts common salt. Pour over this a little common vitriol. This makes the gas a light colored smoke. Do not inhale it, but place it on a table in the hall of the house; the fumes will get up stairs and purify the whole house. A pound will purify the house for a month. It is a good preventive of typhus fever, even in the worst localities. It is said cholera never came where it was used.

A SIMPLE DISINFECTANT.

Onions sliced and put in plates in a sick room are an excellent disinfectant, and will prevent contagion from eruptive troubles. They should be removed, and fresh slices put in their places as soon as discolored. Be sure that these slices are buried, or put where they cannot be eaten, as soon as taken from the room. It is not safe to use onions that are not taken fresh from the earth, during any epidemic of eruptive diseases, as they are so quickly sensitive to or impregnated with any contagion or malaria in the atmosphere.

CHOLERA INFANTUM.

It may not be generally known that this disease, so fatal to many of the children in crowded localities during the summer months, can be treated successfully by injections of pure warm water, which serves to cleanse the lower intestines, where the derangement appears to commence. Authentic evidence in relation to more than thirty cases, treated in Concord, N. H., by one physician, without the loss of a single patient, is at hand, and shows that a very simple and safe remedy can be used to great advantage, especially if resorted to in season.

CHILBLAIN CURE.

Two tablespoonfuls of lime water mixed with enough sweet oil to make as thick as lard. Rub the chilblains with the mixture, and dry it in, then wrap up in linen.

ANOTHER.

Bathe the chilblains in strong alum water, as hot as it can be borne.

A LOCAL ANODYNE.

The *London Lancet* gives the following formula for a convenient local anodyne: Take of elastic collodion, one ounce; hydrochlorate of morphia, fifteen grains. Dissolve the morphine salt in the collodion. Spread with a camel's hair brush some of this solution on the painful parts, and place some oiled silk over the spot. The effect is stated to be most satisfactory.

ADHESIVE PLASTER.

One ounce of French isinglass, one pint of warm water; stir it until dissolved; then add five cents' worth of tincture of arnica, and ten cents' worth of pure glycerine; tack a piece of silk, black or white, on a board, and paint it over with the mixture.

COUGH TROCHES.

One ounce Spanish licorice, two ounces refined sugar, two drams finely powdered gum arabic, and extract of opium, one scruple. Beat the whole together with mucilage of gum tragacanth, make into small troches; to be dissolved in the mouth when the cough is troublesome.

NEURALGIA IN THE HEAD.

Have a flannel cap made to fasten under the chin; wear three nights; let three nights pass, then put on again, if necessary. For neuralgia in eyebrows, bind a strip of flannel around the head; rub the teeth with equal parts of salt and alum, pulverized, on a soft, wet bit of linen.

HEADACHES IN CHILDREN

Should always be promptly attended to, as they indicate the approach of serious diseases, as scarlet fever, small-pox, measles, and other grave skin affections.

A BUNION REMEDY.

Use pulverized saltpetre and sweet oil; obtain at the druggist's five or six cents' worth of saltpetre, put into a bottle with sufficient olive oil to nearly dissolve it; shake up well, and rub the inflamed joints night and morning, and more frequently, if painful. This is a well tried remedy.

PERSPIRATION.

The unpleasant odor produced by perspiration is frequently the source of vexation to persons who are subject to it. It is only necessary to procure some of the compound spirits of ammonia, and place about two tablespoonfuls in a basin of water. Washing the face, hands and arms with this leaves the skin as clean, sweet and fresh as one could wish. The wash is perfectly harmless and very cheap. It is recommended on the authority of an experienced physician.

TO REMOVE FOREIGN BODIES FROM THE EYE.

A medical correspondent of the *Lancet* makes a suggestion, which may prove useful in emergency to some of our readers. He says, "In consequence of the difficulty I experienced in removing from a patient a portion of steel bedded in the cornea, which did not yield to the spud or needle, some other means of removal became necessary. Dry, soft white silk waste suggested itself to me, and was wound round a thin piece of wood, so as to completely envelop its end. This soft application was brushed once backward and forward horizontally over the part of the cornea where the foreign substance seemed fixed. To my astonishment it was at once entangled by the delicate but strong meshes of the silk, and was withdrawn with the greatest ease, caught by the same. A gentleman, in turning steel at a lathe, suddenly felt that a portion had entered his eye. He went at once to a surgeon, who, with the most skilful manipulation, failed to extract the same, saying it would soon work out of itself. The next morning the patient saw me, having suffered severely since the accident, and on the first application the portion of steel was extracted."

THE SKINS OF FRUIT, INDIGESTIBLE.

The skins of fruit, especially grapes, are often swallowed, with the vague notion that they prevent any bad effects from eating said fruit. No error can be more fatally absurd. Cases have occurred where such practices have been the cause of death, and that of the

most excruciating nature. The skins of fruit contain no nourishing qualities, but are one of the most indigestible substances that can be swallowed. They pass the stomach without any change, although they cause excessive irritation, and frequently inflammation of the bowels.

TREATING ACHING TEETH.

Remove if you can all foreign matter from the cavity, thoroughly washing it with tepid water, and get an opening into the pulp chamber. This alone will often cure it. Paint the gum freely all around the tooth with strong tincture of iodine, first drying off the moisture from the gum. Hold ice cold water or lumps of ice continually in the mouth, but should you start on this cold water method of treatment you must keep it up for several hours, or it will be worse than useless. Hot foot-baths and saline cathartics. Let the tooth alone, do not keep feeling of it, thus keeping up the irritation which you are trying to allay. Remember, that this form of treatment is not applicable to an exposed living pulp, but only in cases where this organ is dead. Cold water applied to an inflamed living pulp would only increase your agony. Should you find that you cannot arrest the inflammation, after sufficient trial, you will have to take the other course, that is, to hasten suppuration by warm applications directly to the part. For this purpose nothing is better than a split fig, roasted and laid on the gum. Warm fluids held in the mouth will sometimes afford relief. But it is wise to go at once to a competent dentist, as serious trouble often arises from this form of disease. Never on any consideration apply poultices on the outside of the face, for should the abscess point and break there, a permanent and unsightly scar would be the result.

ANOTHER.

Split an onion, roast it and bind it while hot on to the wrist, over the pulse, on the opposite side from the aching tooth.

BURNS AND SCALDS.

At the time of the accident, the main indications are to exclude the air from the burned surface, to allay pain by opiates, and to give stimulants in such quantities as may be necessary. The applications which are in use for burns are too numerous to mention, and the choice of one or other of them will depend in a great measure on the depth of the burn. A mere superficial

scorch is best treated by some warm solution, applied on a thick rag, and kept constantly moist. Goulard water with laudanum is perhaps as grateful as anything. Painting the surface with ink soon relieves the pain of a small superficial burn, or covering it with whitewash, or some other similar substance, which will crust over it and completely exclude the air from it. Common flour thickly dredged on the part is a very good and handy application. But such crusts should not be applied over burned surfaces of the second degree, since their removal would soon become necessary, and this would drag off the epidermis. The bullæ should be pricked, the epidermis gently smoothed down, and some simple ointment put next the skin, or some oily substance which will not stick when it is necessary to change it. A very favorite application to these burns, and to others of greater depth, is the carron oil, made by mixing lime water and linseed oil in equal parts, and deriving its name from its having come into extensive use at the great Carron foundry, in the numerous burns occurring there. Oil of turpentine is a very good application to burns in which the surface of the skin is quite destroyed. But for the first few days I doubt whether anything is better than simply swathing the parts in thick layers of cotton wool, which is prevented from sticking to the burned surface by some simple ointment (*cerat. calaminæ* is generally used), spread on thin soft linen or cambric, and covering the whole burned surface. When, after a few days, the discharge becomes foul, this dressing should be changed for some deodorizing or antiseptic oily application, or the latter may be used from the first; but all the antiseptics I have yet seen used have been stimulating, and for the first few days it is desirable, I think, to avoid any local stimulation. The carbolized oil answers every indication better than any other substance I know of, but it should not be used too strong; for it may both prove too stimulating, and thus increase the discharge, and it may be absorbed, producing a black condition of the urine, and other symptoms of incipient poison. It is well, then, to begin with a very weak solution (about one to twelve), and if this does not correct the fetor, its strength may be gradually increased, or a stronger solution of carbolic acid may be placed over the dressings.

BURNS AND SCALDS—A USEFUL DISCOVERY.

At a recent meeting of the *Massachusetts Dental Society*, in Salem, Dr. G. F. Waters, of this city, gave a detailed account of a

discovery which he has lately made of a remedy for burns and scalds, the importance of which seems to merit a fuller consideration than the condensed newspaper reports gave it at that time. It was claimed that the application of bi-carbonate of soda, which is the simple cooking soda to be found in all households, or other alkalies in a neutral form, would afford instantaneous cessation of pain from the severest burns or scalds, and that in all cases of mere superficial burning, the treatment would effect a cure in the course of a few hours. The doctor related the circumstances which led to the discovery, which, as is so often the case, was largely the result of accident. Its importance seemed to him to warrant a special investigation, not only into its merits, but into the philosophy of the treatment, in order that it should become something more than an empirical fact, and be lifted into the sphere of legitimate therapeutics.

In pursuing this investigation, the first step was to ascertain the cause of the pain attending burns. It was found, that if a volatile liquid, such as benzine or chloroform, which ordinarily produce a cooling sensation when applied to the skin, be confined between a thin rubber sheet and the flesh, all the symptoms of a burn will ensue, showing that the pain results from pressure caused by the expansion of the fluid which penetrates and expands the perspiration ducts. In the case of a genuine burn, a similar pressure is caused in a different way. It is well known that the skin is full of pores or sweat ducts. These ducts proceed from within the skin, where they are twisted and convoluted so as to form round bodies, called glands. The thin or more fluid parts of the blood is nearly pure albumen, and will form, by heat or chemical action, a coagulum, or solid mass like the white of an egg, when cooked. Now the effects of the hot water or hot iron, when applied to the flesh, is to coagulate the serum of the skin and pores, and thus to close them up and produce severe contortions in the perspiratory ducts, precisely as shutting the hose pipe will straighten out a coil of hose under strong pressure. The problem, then, is to remove this pressure, and the cessation of pain must result. With the ordinary treatment of burns, this result is reached in one or both of two ways. Where the burn is so severe as deeply to cook the flesh, more or less sloughing of the dead flesh occurs, and in all cases the dead matter is being carried off, more or less, by absorption. In either case the relief is slow. If, however, a

treatment is adopted which will at once dissolve the coagulated albumen which plugs up the sweat ducts, instant relief ought to ensue. Such an agent is bi-carbonate of soda, or common cooking soda, and other neutral alkalies, and in this simple scientific fact lies the philosophy of Dr. Waters' remedy.

At the meeting of the dentists above referred to, not only was the theory very fully explained, but the practical value of the remedy was demonstrated by a test requiring considerable nerve to put into operation, and still more faith in the efficacy of the novel treatment which was to be illustrated. The doctor dipped a sponge into water in a state of ebullition, and squeezed it over his right wrist, the water flowing almost completely around the arm, and nearly encircling it with a severe scald something like two inches in width. Not content with this, he dipped the sponge a second time, and pressed it closely on the under side of his wrist for the period of thirty seconds. He then applied bi-carbonate of soda to the scalded surface, and laid over it a wet cloth, and the intense pain was banished as if by magic. On the next day, after this severe test, the scald, with the exception of the part purposely made most severe, was practically healed, only a slight discoloration of the cuticle showing where the scalding water had flowed—this, too, without a second application of the soda. The flesh on the under side of the wrist had been cooked down to the sweat glands, and the scald was one which ordinarily would have caused an open and painful wound of long duration. The only treatment of this, however, after the first application of the soda, was to keep the part moist with a wet cloth, and no pain was experienced, and it was but a few days before this severe wound was seen to be rapidly healing. The cure was, however, delayed by the wound being accidentally disturbed from the outside.

Dr. Waters gives the following directions for the practical application of the remedy: bi-carbonate of soda (that is, common cooking soda) has been found the most efficient of the alkalies for the purpose in most cases, and has the additional advantage of being always at hand in nearly every household. But any *neutral alkali* will answer the purpose, the virtue residing in the alkalinity. A caustic alkali, however, such as lime or common sal-soda, is objectionable from its very caustic nature. But lime, neutralized by combination with oil, forms an emulsion, the virtues of which in this connection are generally known. Other neutral alkalies

are bi-carbonate of potash, biborate of soda, etc. The alkali is to be spread over the surface burned, which is then to be covered with a wet woollen cloth, and the only care necessary is to keep the cloth moistened until a cure is effected. In case of a slight superficial burn, the application of common soap will generally be sufficient to effect a speedy cure.

RESUSCITATION OF APPARENTLY DROWNED PERSONS.

Death by drowning is produced through the want of air to breathe; it is death similar to that produced by smothering. If respiration and its consequences, the circulation of blood, can be restored, the person will be saved; it is no more unlikely that this can be done in the case of persons immersed for some time in the water, than in cases of trance, where the vital functions are suspended for long periods. In this connection we commend to the perusal of all, the rules for the resuscitation of apparently drowned persons:

First—Treat the patient instantly on the spot, in the open air, exposing the face and chest to the breeze, except in severe weather.

Second—TO CLEAR THE THROAT: Place the patient gently on the face, with one wrist under the forehead; all fluids, and the tongue itself, then fall forward, leaving the entrance into the wind-pipe free. If there be breathing, wait and watch; if not, or if it fails,

Third—TO EXCITE RESPIRATION: Turn the patient well and instantly on his side, and excite the nostrils with snuff, or the throat with a feather, etc., and dash cold water on the face, previously rubbed warm. If there be no success, lose not a moment, but instantly

Fourth—TO IMITATE RESPIRATION: Replace the patient on his face, raising and supporting the chest well on a folded coat or other article of dress. Turn the body very gently on the side, and a little beyond, and then briskly on the face, alternately repeating these measures deliberately, efficiently and perseveringly, fifteen times in the minute, occasionally varying the side. (When the patient reposes on the chest, this cavity is compressed by the weight of the body, and expiration takes place; when he is turned on the side, this pressure is removed, and inspiration occurs.) When the prone position is resumed, make equable but efficient pressure, with brisk movement along the back of the chest, removing it

MEMORANDA.

MEMORANDA.

immediately before rotation on the side. The first measure augments the expiration, the second commences inspiration. The result is respiration, and, if not too late, life.

Fifth—TO INDUCE CIRCULATION AND WARMTH: Meantime, rub the limbs upwards with firm, grasping pressure, and with energy, using handkerchiefs, etc. By this measure the blood is propelled along the veins towards the heart. Let the limbs be thus warmed and dried and then clothed, the bystanders supplying the requisite garments. Avoid the continuous warm bath, and the position on or inclined to the back. This treatment is to be persevered in for three or four hours, as it is the erroneous opinion that persons are irrecoverable because life does not soon make its appearance. Cases have come under the notice of the *Royal Humane Society* of successful results, even after five hours.

BATHING.

Bathing should always be avoided under the following circumstances, namely: Within two hours after a meal, and when exhausted by fatigue or any other cause; also, when the body is cooling after perspiration—the bath to be taken when the body is warm, providing no time is lost in getting into the water; bathing in the open air should be avoided altogether, if, after having been in the water a short time, there is a sense of chilliness, with numbness of the hands and feet. Vigorous and strong persons may bathe early in the morning, on an empty stomach, but young persons and those who are weak, are safer in bathing three hours after a meal, the best time for such being two or three hours after breakfast. Those who are subject to attacks of giddiness and faintness, and those who suffer from palpitation or any trouble of the heart, should not bathe without first consulting their medical adviser.

HOW TO GIVE A VAPOR BATH.

Having heated in the fire half a dozen hard half bricks, or porous rocks of nearly equal size, to full or partial redness, put a vessel such as a wash basin under a common basket or cane-bottom chair, and put into it two quarts of boiling water; put before the chair (face towards a window or door) a pail two-thirds full of water as warm as the feet can bear; put the patient in the chair (the bottom covered with a thick cloth or double towel), divested of all his clothing, and surrounded chair and pail to the

floor with a large, thick woolen blanket, or two, if one is not large enough, and covered with a sheet if the blanket be thin or have holes in it; his feet being in the pail of warm water before the chair, let its folded ends be pinned behind, and its upper edge or side around the neck. If this be done on a carpet, let there be first spread down a piece of old carpet, or comfortable, to absorb the perspiration and water that will fall from the patient. Now give him some warm drink, hot water for instance, and take in the tongs one of those hot bricks and go behind the chair, open the blanket at the floor, and let the brick down gently into the water, to generate the vapor. Hold on to it, so that you may lift it out, if it makes too much, until it will settle altogether into the basin without raising too much heat, when you may let it go. Now wash him all over under the blanket with warm, soapy water, and close it. As some bricks become cool put in others, until he perspires freely and becomes warm. Let the patient loosen the blanket from the body, by putting his hands between it and the knees, etc., and let a bystander lift it from his shoulders. If the vapor becomes too hot, open the blanket above and at the bottom, and let through a current of cool air, fresh from the window or door (the top of the window is best), open from the time he is covered in the bath. If the water at his feet becomes cool, put more hot water into it. After he has sweat some thirty minutes take him out, dash a little cool water in his face and on his breast and spine; and if this is pleasant, all over him. Wipe him dry, and if he wishes to sit up, put on his clothing, seat him in an arm-chair, in which a blanket or comfort is spread; or if he prefers it, put him in bed, with a bottle of hot water at his feet, giving him in either case a little ginger tea, and keeping the room comfortably warm and well ventilated. The baths may be repeated every day until the perspiration becomes free and general; then every two days at most for a week; then every three for another week; then every four, as long as their action is beneficial.

Never measure your bath by minutes or hours. The object of vapor bathing is, in cases of cold, to open the pores and let out the perspiration. In patients filled with cankerous fluids, it is to carry out the virus that may be afloat in the system at the time, and to excite the skin to action by the stimulus of heat. The first will be accomplished when the patient sweats freely all over, and his flesh is hot, and particularly in the knees, and at the tops of the feet,

just back of the toes. The second should be continued as long as by giving freely of the warm drink before mentioned, with occasionally a little cayenne, he can comfortably endure it.

FOOD FOR THE NERVES.

The mind, as it is called, and the body are one, and can only act by the same laws ; whether action proceeds from the nervous centres and is invisible, or from the muscular system, and is invisible, it is action produced by force generated within. The German Professor, Helmholtz, has lately brought the calculations of the force that has to be engendered within our comprehension, and if such a force has to be maintained, it can only be done by nourishment or food. Food consists not only of organic vegetable and animal matter, but also of air and water, and therefore a change of air is often invigorating to the nervous system. Our ideas of the mind's work are still very confused, for all nervous action is produced by exertion or waste of force. Grief is nervous exertion ; joy is nervous exertion, and all this exertion wants maintaining and feeding. Whenever exhaustion appears, or so-called disorders, it is nothing else but the consequence of want of nourishment. Grief makes a greater claim on the nervous centres than joy, and it is exceedingly wrong to avoid food in grief. Despondency is nothing but the result of incomplete nutrition of the nerves, which give way under outward pressure ; it is only necessary to be judicious and give good nourishment to despondent persons, such as will invigorate and prove of tonic value, and the nervous system will return to its natural elasticity. Despondency exhausts the nervous system greatly, for all thought is action, and desponding thought wastes more force than joyous thought. Nervous diseases are the consequence of continued waste of nervous action and incomplete nutrition, and require nothing but judicious dietetic treatment. We have at the outset of our movement always maintained that all nervous disorders and so-called lunacy can be greatly affected by diet, and we maintain this now ; healthy and judicious food moulds the character and nourishes the brain.—*Food and Fuel Reformer.*

HOW TO CLEAN THE TEETH.

Before any attempt is made to clean the teeth with brush and powder, the whole mouth should be well rinsed with tepid water. This will carry away all the foreign atoms and lighter deposits.

with mucus and other impurities. The saliva, too, will be rinsed away; it is not as good to clean the teeth in as cold water. Now get your powder ready, your brush, your silk, and your vessel of tepid water, and stop the clock, else this despotic time-server will hurry you off on some other errand before you are done. In brushing your teeth, carry the brush well back, even to the farthest tooth, so as to polish well its remotest surface, else, like a child, you will have cleaned only the front teeth. Some brushes never find the impurities that are in the fissures on the ends of the teeth. Brush lengthwise of the teeth as well as laterally; thrust the bristles deep into the intersections between them. You will thus free their adjacent surfaces. If you can, brighten even these sides of contact with powder and friction; unless you can, cavities are likely to make their appearance. But, however well you may have used the brush, there will be points where impurity will linger, and these will be the points of contact where the curved surface of enamel press together. Here you must use what is known as "dental floss silk." This you can gently pull through or draw between the teeth by a gently sliding motion, bringing away the last vestige of foreign matter between them. The floss silk should be used only after the brush; it will cleanse where the brush would not reach. You should count that a bad day on which you have forgotten to use the dental floss silk immediately after polishing the accessible portions of the teeth with brush and powder.

DOMESTIC REMEDY FOR NIGHTMARE.

* Slight derangement of the digestive or other functions is often sufficient to occasion a temporary delirium in children, commenced during sleep and prolonged after waking. The suffering is great, and the condition an alarming one to parents and friends. The mental excitement is so intense as to resist impressions from without to an extraordinary degree. It is here that the associations of smell can be used more effectively than any others to break up the morbid train. A good whiff of cologne almost always brings the little sufferer back to its ordinary world, or a little ammonia may be used. But an odor which is agreeable, is probably more effective than one which is merely pungent. It is a common observation, that mental associations are awakened by odors more than by impressions of any other sense. In the case of nightmare, the strong, familiar smell seems to break up the train of abnormal mental excitement.

HOW TO GROW THIN.

Drink as little as you can get along with comfortably, no hot drinks, no soup, no beer, and only milk enough to color the lukewarm tea or coffee you drink. Eat chiefly stale bread, lean meat, with such vegetables as peas, beans, lettuce, in moderation. Avoid watery vegetables such as cabbage, potatoes, turnips, etc. No pastry whatever. Limit yourself to seven hours' sleep out of the twenty-four, and take plenty of exercise in the open air.

A SULPHUR BATH.

It is difficult, if not impossible to administer a sulphur bath, without proper and special appliances. A sulphur bath requires a shallow pan of coals with a tin water-pan above it, and an elevated seat over the whole. Sulphur is thrown on the coals, which mingles with the steam, and enters the system by the pores, which are opened by the vapor. The patient, brazier and chair must be enveloped with a water-proof covering in the closest manner, leaving only the head exposed, so that no sulphurous vapor can possibly be breathed, as that would be suffocation at once. In regular bathing establishments the patient sits in a wooden box, having a cover and a water-proof collar which fits around the neck tight, leaving the head out. This box is filled with steam by a pipe, and the vapor impregnated with sulphur from a spoonful burning in one corner of the box, or from a generator outside with connecting tube.

A BRAN BATH.

The bran bath is taken with a peck of common bran, such as is used to stuff pin cushions, stirred into a tub of warm water. The rubbing of the scaly particles of the bran cleanses the skin, while the gluten in it softens and strengthens the tissues. Oat meal is even better, as it contains a small amount of oil that is good for the skin. For susceptible persons, the tepid bran bath is better than a cold shower bath. The friction of the loose bran calls the circulation to the surface. In France, the bran is tied in a bag for the bath, but this gives only the benefit of the gluten, not that of the irritation.

WASH FOR THE COMPLEXION.

A teaspoonful of the flour of sulphur and a wineglass of lime-water, well shaken until mixed. Half a wineglass of glycerine and a wineglass of rose water. Rub it on the face every night before going to bed. Shake well before using.

ANOTHER.

It is a hunter's prescription that comes in use. It is popular for its efficacy in keeping away the black flies and mosquitoes; yet even hunters bear witness to its excellence in leaving the skin fair and innocent. Mix one spoonful of the best *tar* in a pint of pure olive oil or almond oil, by heating the two together in a tin cup set in boiling water. Stir till completely mixed and smooth, putting in more oil if the compound is too thick to run easily. Rub this on the face when going to bed, and lay patches of soft old cloth on the cheeks and forehead to keep the tar from rubbing off. The bed linen must be protected by old sheets folded and thrown over the pillows.

ANOTHER.

Tan can be removed from the face by dissolving magnesia in soft water; beat it to a thick mass; spread on the face and let it remain a minute or two. Then wash off with castile soapsuds and rinse with soft water.

THINGS WORTH KNOWING.

Brain workers should choose their food with care so it may not oppress the stomach, and arrange their hours of eating so as not to let vigorous brain work come during the time of digesting a hearty meal. The brain is a great consumer of fat combined with phosphorus. Lean people should use fats rather more freely than fat ones. Three ounces of fat daily is necessary for a healthy working person.

There is more strength stored up in an ounce of butter than in two ounces of the best lean meat.

Sweet grapes may be taken to great advantage in cases of dyspepsia, liver complaint and constipation.

Fruits do not need much digestion.

Orange is very easily digested. One before breakfast will often prepare the delicate stomach for a good meal. It is said they will cure consumption.

It is asserted by an eminent English physician that, by the timely administration of the hyperphosphites of lime or soda, consumption can be stamped out as thoroughly as small-pox by vaccination.

Give your children plenty of brown bread and milk and well-made corn meal bread. Corn meal pudding and milk is excellent.

Many people think they must be physicked out in the spring, but this is a vile practice wholly unnecessary. Good brown bread, milk, cream, fruits and oat meal will keep the bowels in healthy condition. Use no salted meats, hot biscuit or stale potatoes.

MEAT FOR INVALIDS.

The following method of rendering raw meat palatable to invalids, is given in the *Industrie Blætter* :—To 8.7 ounces raw meat from the loin add 2.6 ounces shelled sweet almonds, .17 ounces shelled bitter almonds, and 2.8 ounces white sugar; these to be beaten together in a marble mortar to a uniform pulp and the fibres separated by a strainer. The pulp, which has a rosy hue and a very agreeable taste, does not at all remind one of the meat, and may be kept fresh for a considerable time, even in summer, in a dry, cool place. Yolk of egg may be added to it. From this pulp, or directly from the above substances, an emulsion may be prepared, which will be rendered still more nutritious by adding milk. Lailler prefers 3.5 ounces dried raw meat, 1.4 ounces sugar, 7 ounces wine and 1 ounce tincture of cinnamon.

COUGHS.

The *Boston Journal of Chemistry* gives the following recipes for the benefit of those—and they are legion—who are troubled with harassing and annoying coughs that frequently accompany many acute diseases, and arising from nervous irritation of the larynx, pharynx, palate or other parts of the throat: Sulph. Morphia gr. j; Dil. Sulph. Acid dr. j; Simple Syrup oz. ij; mix. Half a teaspoonful, to be given upon the tongue and swallowed slowly. The persistent hackings of bronchial difficulties, and even of consumption, are speedily relieved by it.

An excellent cough mixture for constant use is this: Syrup Tolu oz. j; Syrup Peru oz. j; Syrup Sanguinaria oz. j; Syrup Lobelia oz. j; Tr. Wintergreen dr. j. M. Dose—half a teaspoonful three or four times daily, or whenever indicated.

CURE FOR BLEEDING AT THE NOSE,

There are two little arteries which supply the whole face with blood, one on each side; these branch off from the main arteries on each side of the windpipe, and running upward toward the eyes, pass over the outside of the jawbone, about two-thirds of the

way back from the chin to the angle of the jaw, under the ear. Each of these arteries, of course, supplies just one-half of the face, the nose being the dividing line; the left nostril is supplied with blood by the left artery, and the right nostril by the right artery. Now, supposing your nose bleeds by the right nostril, with the end of the forefinger feel along the outer edge of the right jaw until you feel the beating of the artery directly under your finger, the same as the pulse in your wrist; then press the finger hard upon it, thus getting the little fellow in a tight place between your finger and the jawbone; the result will be that not a drop of blood goes into that side of your face while the pressure continues; hence the nose instantly stops bleeding for want of blood to flow; continue the pressure for five or ten minutes, and the ruptured vessels in the nose will by that time probably contract, so that when you let the blood into them they will not leak. Bleeding from a cut or wound anywhere about the face may be stopped in the same way. The Creator probably placed these arteries as they are that they might be controlled. Those in the back of the head, arms and legs are all arranged very conveniently for being controlled in like manner.

CURE FOR NEURALGIA.

Canada thistles gathered for the purpose when in blossom, and dried as other herbs. Turn boiling water on a quantity of the thistles, let steep five or ten minutes, turn out and sweeten to taste. Before drinking it fix for a sweat in a warm room, then drink of the tea while it is hot in large quantities. Follow taking the tea for a few days, and you will effect a cure; do not drink it hot after the sweat, but either warm or cold.

MAKING HAIR GROW.

If the head be perfectly bald, nothing will ever cause the hair to grow again. If the scalp be glossy and no small hairs are discernible, the roots or follicles are dead, and you might as well cause an arm to grow again after it has been amputated. However, if small hairs are to be seen there is hope. Use the following every day: Brush well, and bathe the bald spot three or four times a week with cold soft water; carbonate of ammonia, one dram; tincture of cantharides, four drams; bay rum, four ounces; castor oil, two ounces.

TO RESTORE THE HAIR AFTER ILLNESS.

Equal parts of best brandy and strong black tea, shaken well together and rubbed well into the roots of the hair once daily, will usually restore the hair after long illness. Be careful not to scratch or irritate the scalp with rough combing and brushing. The mixture should be made at least once in three days, even in cool weather.

TO KEEP THE HAIR FROM TURNING GREY.

Take the hulls of butternuts, say about four ounces, and infuse in a quart of water. Then add half an ounce of copperas. Apply with a soft brush every second or third day. This preparation is harmless, and, we have reason for believing, has never been published. It is far better than those dyes made of nitrate of silver.

TO MAKE POMADE FOR THE HAIR.

A quarter of a pound of unsalted lard, two penny worth of castor oil; scent. Beat the lard up well; then add the castor oil, and mix thoroughly together with a knife, adding a few drops of any scent that may be preferred. Put the pomatum into pots, which keep well covered, to prevent it turning rancid.

MISCELLANEOUS RECEIPTS

AND INFORMATION.

REMOVAL OF STAINS FROM WOVEN FABRICS.

The following practical hints on this subject, condensed by the *Boston Journal of Chemistry*, from the best foreign sources, furnish much useful information in small space. Mechanically attached particles may be removed from all fabrics by beating, brushing and allowing water to fall from an elevation upon the wrong side of the goods.

MUCILAGE, MUCUS, SUGAR JELLY—Washing with lukewarm water will clear all goods.

FATS—*From White Goods*: Wash out with soap and lye. *Colored Cottons*: Wash with lukewarm water and soap. *Colored Woolens*: Lukewarm soap and water, or ammonia. *Silks*: Clean carefully with benzole, ether, ammonia, magnesia, chalk, clay or yolks of eggs.

OIL COLORS, VARNISH, RESIN—*From all fabrics, except Silks*: Oil of turpentine, alcohol, benzole, and then soap. *Silks*: Benzole, ether, and soap very carefully, and in a very weak solution.

STEARINE can be removed from all goods with strong, pure alcohol.

VEGETABLE COLORS, RED WINE, FRUITS, RED INK—*From White Goods*: Sulphurous vapor or hot chlorine water. *Colored Cotton or Woolen Goods*: Wash in lukewarm water and soap, or ammonia. *Silk* may be treated in the same manner, but very cautiously.

ALZARINE INKS—*From White Goods*: Tartaric acid; the older the spot the more concentrated. *Colored Cottons or Woolen Goods*: If color permits, dilute tartaric acid. *Silks*: As before, but with great caution.

BLOOD AND ALBUMINOUS SPOTS—Simply washing out with lukewarm water for all kinds of goods.

RUST AND SPOTS OF INK MADE OF NUTGALLS—*From White Goods* : Hot oxalic acid, dilute hydrochloric acid, and then tin filings. *Colored Cottons or Woolens* : Citric acid may be tried. *White Woolen* : Dilute hydrochloric acid. *Silks* : Nothing can be done without increasing the evil.

LIME, LYE AND ALKALIES IN GENERAL—*From White Goods* : Simply wash in water. *Colored Cottons; Woolens or Silk* : Much diluted citric acid, drop by drop, upon the moistened spot, to be spread around by the finger.

ACIDS, VINEGAR, SOUR WINE, FRUIT JUICES, ETC.—*From White Goods* : Simply washing ; in the case of fruit, also with hot chlorine water. *Colored Goods, either Cotton, Wool or Silk* : According to the delicacy of the material and the color, more or less diluted ammonia, to be spread around on the spot, moistened, drop by drop, with the top of the finger.

TAR, WHEEL GREASE, AS ALSO FAT, RESIN, CARBONACEOUS PARTICLES AND WOOD VINEGAR—*From White Goods* : Soap, with oil of turpentine, varied with the action of falling water. *From Colored Cotton or Woolen Goods* : Hog's lard to be rubbed on and then soaped, and allowed to remain quiet, then washed alternately with water and oil of turpentine. *From Silks* : As in the preceding, but more carefully, and instead of turpentine, benzole and a continual current of water falling from a height, and only upon the reversed side of the spot. *For Cleansing Silks Soiled and Greased*, but not thoroughly discolored by acids, etc., the best agent is ox-gall diluted with lukewarm water and strained. Blood and albumen should simply be soaked in cold water.

SUPERFICIAL LOSS OF SUBSTANCE BY SCORCHING—*From White Goods* : Rub over thoroughly with a pad dipped in hot chlorine water. *Colored Cottons or Woolens* : Whenever possible, color over, or raise up the nap. With *Silks*, nothing can be done.

HINTS ON WASHING.

The quickest and best way to do the washing for a family of six or eight persons : First, have plenty of boiling water ; to every boilerful add from two to three tablespoonfuls of pulverized borax ; use some of the borax water from the boiler for every tubful of clothes, adding only enough cold water to make it comfortable for the hands ; use soap on the most soiled, and rub on the board or through a washing machine ; do not boil the clothes ; have a tub

partly full of boiling hot borax water in which to put the clothes that have been rubbed ; let them remain in the hot borax water until you are ready to rinse them ; from a quarter to a half hour will do ; rinse in one clear water, without borax. Use very little, if any, blueing. Borax will not injure the texture of the finest linen, and for infants' clothes or flannels it is the only thing that can be used with perfect safety. If stockings or socks are badly stained, they might be boiled in borax water for a few minutes only, too much boiling makes clothes yellow. Borax acts slowly, but surely. The improvement in clothes washed after this direction will be noticed after the second or third trial, often after the first. Add a teaspoonful of borax to every quart of starch, it will keep the starch from sticking, and add to the polish.

WASHING BLANKETS.

White-rose blankets can be washed well by first making a good warm suds with common brown soap, and after rubbing and working the blankets well in the suds, rinse well in quite hot water. Rub no soap on the blankets. If left to soak some hours in the warm suds, then add more hot water when ready to wash or rub them ; they will wash easier and better for it.

TO WHITEN FLANNEL MADE YELLOW BY AGE—Dissolve one and a half pounds of white soap in fifty pounds of soft water, and also two-thirds of an ounce of spirits of ammonia. Immerse the flannel, stir well around for a short time, and wash in pure water. When black or navy blue linens are washed, soap should not be used. Take instead, two potatoes grated into tepid soft water (after having them washed and peeled), into which a teaspoonful of ammonia has been put. Wash the linens with this, and rinse them in cold blue water. They need no starch, and should be dried and ironed on the wrong side. An infusion of hay will keep the natural color in buff linens, and an infusion of bran will do the same for brown linens and prints.

TO WASH RED TABLE LINEN.

Use tepid water, with a little powdered borax (borax sets the color); wash the linen separately and quickly, using very little soap; rinse in tepid water, containing a little boiled starch; hang to dry in the shade, iron when almost dry.

TO WASH DOUBTFUL CALICO.

Put a teaspoonful of sugar of lead in a pailful of water, and soak fifteen minutes before washing.

TO SET COLORS IN BLUE CAMBRIC.

Dip it into a solution of saltpetre, using two or three cents' worth to a pailful of water. Salt will injure the fabric.

TO SET THE COLOR IN STOCKINGS.

When washed for the first time, use a little ox-gall (which can be procured at the druggist's). Use it in the first water only. Also have a teaspoonful of powdered borax to every pail of hot water. Use very little soap. After the first use of ox-gall, borax will answer every purpose. Do not let the stockings remain long in any water. Hang in the shade to dry.

TO WASH CHAMOIS-SKIN GARMENTS.

Make thick suds of tepid water and white castile soap; wash the garment in it and rinse in water containing a little soap. Rub no soap directly on the garment. Stretch repeatedly while drying.

TO REMOVE MILDEW.

Make a very weak solution of chloride of lime in water (about a heaped-up teaspoonful to a quart of water), strain it carefully, and dip the spot on the garment into it; and if the mildew does not disappear immediately, lay it in the sun for a few minutes, or dip it again into the lime water. The work is effectually and speedily done, and the chloride of lime neither rots the cloth nor removes delicate colors, when sufficiently diluted, and the articles rinsed afterwards in clear water.

FOR FRUIT AND WINE STAINS.

Mix two teaspoonfuls of water and one of spirits of salts, and let the stained part lie in this for two minutes; then rinse in cold water; or wet the stain in hartshorn.

TO TAKE INK OUT OF BOARDS.

Strong muriatic acid, or spirits of salts, applied with a piece of cloth; afterwards well washed with water.

TO REMOVE PAINT SPOTS FROM SILK.

If the fabric will bear it, sharp rubbing will entirely discharge a newly-made paint stain ; but if this is not successful, apply spirits of turpentine with a quill till the stains disappear.

TO REMOVE GREASE SPOTS FROM SILK.

Place some coarse brown paper—the soft kind—on both sides of the spots, then press carefully with a hot iron ; change the paper often, as it absorbs the grease. If the goods are so rich or delicate that the iron is likely to injure them, try friction, by using raw cotton—rub the spots off, changing the cotton often. Or, scrape a little French chalk on the spot and let it remain a day or two ; rub it off with a clean dry cloth, and if it is not entirely removed, put on more. It will not injure the most delicate fabric. If cashmere or cassimere is soiled or stained in many places, rip the article and wash it in tepid water, softened with pulverized borax. It can be made to look as good as new.

TO REMOVE FRESHLY-SPILT INK FROM CARPETS.

First take up as much as possible of the ink with a teaspoon. Then pour cold sweet milk upon the spot, and take up as before, pouring on milk, until at last it becomes only slightly tinged with black. Then wash with cold water, and absorb with a cloth, without too much rubbing.

SCORCHES MADE BY OVER-HEATED FLATIRONS,

Can be removed from linen by spreading over the cloth a paste made of the juice pressed from two onions, one-half ounce white soap, two ounces fuller's earth, and one-half pint vinegar. Mix, boil well, and cool before using.

FOR CLEANING CARPETS.

To one gallon of water add two tablespoonfuls of spirits of harts-horn. Wring out cotton flannel cloths in this mixture, and rub the carpet with the damp cloth. See that the cloth is not too wet, and dry the carpet off with a dry cloth.

CLEANING A BRUSSELS CARPET.

First have the carpet well shaken, then tack it down in the room where it is to remain ; sweep it as thoroughly as possible ; take a pail of hot water and put in two tablespoonfuls of pulverized borax ; wash the carpet all 'over the surface, using a flannel cloth.

For grease spots or very dirty places, use a scrubbing brush freely, and a very little soap, taking care to rinse the soap off well after scrubbing; change the water quite often; rub the carpet well with a dry cloth after washing, and open doors and windows so as to dry the carpet as quickly as possible.

TO CLEANSE THE WOODWORK AROUND DOORS.

Take a pail of hot water; throw in two tablespoonfuls of pulverized borax; use a good strong house cloth—an old coarse towel does splendidly—and wash the paint; do not use a brush; when washing places that are extra yellow or stained, soap the cloth; then sprinkle it with the dry powdered borax, and rub the places well, using plenty of rinsing water; by washing the woodwork in this way you will not remove the paint, and the borax will soften and make the hands white—a fact well worth knowing.

FOR CLEANING PAINT.

The best soap for cleaning paint is made by taking one ounce pulverized borax, one pound best brown soap, cut in small pieces, and three quarts of water; put all in a kettle; set it on the back part of the stove or range until the soap is dissolved, stirring it frequently; it must not come to a boil; use it with a piece of old soft white flannel. It cleans paint without injury; it is also beneficial for the hands, and much better for washing clothes than any other soap.

THE AMERICAN LYE COMPANY'S ROCK POTASH

Is a very convenient form of lye for cleaning type, kitchen utensils, &c.

THE BEST MATERIAL FOR CLEANING COAT COLLARS

And grease spots of all kinds, is pure benzine. The article is sold at the principal drug stores in the cities. That used by painters is not pure enough and has a very unpleasant odor, which the pure article has not, and the little which it has soon disappears. If this cannot be obtained, strong alcohol (95 per cent.) will clean collars very well. A mixture of equal parts of strong alcohol and water of ammonia is also used. The trouble with all these liquids is that not enough is used; a small quantity only softens and spreads the grease spot; they should be applied in sufficient quantity, and repeated, to not only dissolve the foreign matter, but to wash it out.

TO TAKE RUST OUT OF STEEL.

If possible, place the article in a bowl containing kerosene oil, or wrap the steel up in a soft cloth, well saturated with kerosene; let it remain twenty-four hours or longer; then scour the rusty spots with brick-dust; if badly rusted, use salt, wet with hot vinegar; after scouring, rinse every particle of brick-dust or salt off with boiling hot water; dry thoroughly with flannel cloths, and place near the fire to make sure; then polish off with a clean flannel cloth and a little sweet oil.

ANOTHER WAY.

Rub the steel with sweet oil. Let it remain forty-eight hours; then rub with dry, finely powdered, unslacked lime until the rust disappears.

TO WASH BRUSHES.

Dissolve a piece of soda in some hot water, allowing a piece the size of a walnut to a quart of water. Put the water into a basin, and after combing out the hair from the brushes, dip them, bristles downward, into the water and out again, keeping the backs and handles as free as possible from the water. Repeat this until the bristles look clean; then rinse the brushes in a little cold water; shake them well and wipe the handles and backs with a towel, but not the bristles, and set the brushes to dry in the sun or near the fire, but take care not to put them too close to it. Wiping the bristles of a brush makes them soft, as does also the use of soap.

TO CLEAN COMBS.

If it can be avoided, never wash combs, as the water often makes the teeth split, and the tortoise-shell or horn of which they are made, rough. Small brushes, manufactured purposely for cleaning combs, may be purchased at a trifling cost; with these the combs should be well brushed, and afterward wiped with a cloth or towel.

TO CLEAN WINDOWS.

Wash first with a sponge and good hot water; then rub dry with a cloth, and lastly, polish with a newspaper—it is superior for the purpose to chamois skin. Mirrors may be done in the same manner.

TO WASH TOILET MATS WITH BORDERS.

Wash in a thick lather, rinse in tepid blue water, and wring them in a dry cloth; iron immediately while still damp.

TO BRIGHTEN A ZINC BATH TUB.

Throw in a handful of salt, wet with vinegar, and scour with a flannel cloth.

Dissolve a pound or can of American Lye Company's Concentrated Lye in a gallon of water, and use as required in the kitchen. You will find it invaluable, and in the future will not be without it. See receipt on each box or can.

TO CLEAN STRAW MATTING.

Wash with a cloth dipped in salt and water, and dry at once. Or, put two tablespoonfuls of ammonia in a gallon of warm water; wash and dry immediately.

TO CLEAN PLATE.

Wash the plate well, to remove all grease, in a strong lather of common yellow soap and boiling water, and wipe it quite dry; then mix as much hartshorn powder as will be required into a thick paste, with cold water or spirits of wine; smear this lightly over the plate with a piece of soft rag, and leave it for some little time to dry. When perfectly dry, brush it off quite clean with a soft plate brush, and polish the plate with a dry leather. If the plate be very dirty or much tarnished, spirits of wine will be found to answer better than the water for mixing the paste.

PLATE RAGS FOR DAILY USE.

Boil soft rags (nothing is better for the purpose than the tops of old cotton stockings) in a mixture of new milk and hartshorn powder, in the proportion of one ounce of powder to a pint of milk; boil them for five minutes; wring them as soon as they are taken out, for a moment, in cold water, and dry them before a fire. With these rags rub the plate briskly as soon as it has been well washed and dried after daily use. A most beautiful, deep polish will be produced, and the plate will require nothing more than merely to be dusted with a leather, or a dry soft cloth, before it is again put on the table.

TO CLEAN THE INSIDE OF A TEAPOT.

If the inside of your teapot or coffeepot is black from long use, fill it with water, throw in a small piece of hard soap, set on the stove, and let it boil from half an hour to an hour. It will clean as bright as a new dollar, and costs no work.

ANOTHER WAY.

Pour into them strong lye, but do not spill any on the outside, as it will discolor them; tea steepers and coffespots also may be cleansed with a weaker lye, or be filled with ashes and water, and boiled out.

TO REMOVE A SCREW RUSTED IN THE WOOD.

Heat a poker in the fire red hot, and put it on top of the screw for a minute or two; then take the screw-driver, and you will easily get it out if you do it while it is warm.

TO DESTROY MOTHS IN FURNITURE.

The naphtha bath is effectual. A sofa, chair or lounge may be immersed in the large vats used for the purpose, and all insect life will be absolutely destroyed. No egg ever hatches after passing through the naphtha bath; all oil, dirt or grease disappears, and not the slightest damage is done to the most costly article. Sponging with naphtha will not answer. It is the immersion for two hours or more in the specially prepared vats, which is effectual.

TO REMOVE STAINS FROM KNIFE HANDLES.

Rub with pulverized pumice-stone and soap; then polish with dry whiting.

TO WHITEN IVORY.

Knife handles and piano keys can be whitened by washing in a strong solution of soda water or lye.

TO POLISH FURNITURE.

Use equal parts of boiled linseed oil and kerosene. Apply it with a flannel, and rub dry with another flannel. It will remove all white marks and scratches, and should be kept always ready for use. It gives a room a fresh appearance to rub all the furniture with this preparation. One feels well rewarded for the labor. If any white spots are so firmly fixed that the polish does not remove them, it can be done by rubbing with turpentine, and holding a hot shovel over them.

TO CLEAN FEATHERS.

Cover the feathers with a paste made of pipe clay and water, rubbing them one way only. When quite dry, shake off all the powder and curl with a knife. Grebe feathers may be washed with white soap in soft water.

TO SMOOTH WRINKLED SILK.

Sponge on right side with weak gum arabic water, and iron on the wrong side, or between two cloths.

TO SPONGE BLACK WORSTED DRESS.

Sponge on the right side with a strong tea made of fig leaves, and iron on the wrong side.

TO REMOVE PAINT OR GREASE SPOTS.

Mix four teaspoonfuls of alcohol with a tablespoonful of salt. Shake the whole well together, and apply with brush or sponge.

TO TAKE FOLDS OUT OF VELVET.

First moisten the velvet slightly on the wrong side, then stretch it between the hands and draw the back across a hot iron, in order to drive the steam formed through the velvet above. This will raise the nap, and thereby take out the folds and creases.

TO REMOVE SMOKE AND DUST FROM WALL PAPER.

Tie a large piece of clean white cloth over a broom, and brush the wall down well. Then take a stale loaf of bread, cut it open and rub the soft side all over the paper. It will look "as nice as new." It will also remove spots of lime or whitewash.

TO WHITEN PORCELAIN SAUCE-PANS.

Have the pans half filled with hot water, throw in a tablespoonful of powdered borax, and let it boil. If this does not remove all of the stains, soap a cloth and sprinkle on plenty of powdered borax. Scour it well.

A WARNING AGAINST TINNED WARE.

And now the *Scientific American* warns the public against tinned ware—the tin used in its manufacture now-a-days being largely adulterated with lead, in consequence of which the "tinned" ware loses its original brightness, while the lead lurks round in the systems of those who use it, biding its time for the work of death.

TO CLEAN PAINT BRUSHES.

Put them into soft soap for a day or two, when the paint can be washed out. Care should be taken that the soap does not extend up over where the bristles are fastened, as it would cause them to fall out.

HOW TO COOL A ROOM.

A dish or basin large enough to present a good surface, filled with water and placed in rooms where the heat is oppressive, and the water be changed once or twice in very hot days, will secure a general lowering of the temperature. The hot air of the room takes up the water in the form of atmospheric vapor, and diffuses the greater coolness of the water throughout the room, until air and water become of the same temperature. When this takes place fresh water should be put in the dish.

AN IDEA IN REFRIGERATION.

If fresh, unslacked lime in small quantities, say a quart, is placed in a refrigerator, it will gradually absorb all of the moisture in the provision chamber. The consequence will be a dry cold atmosphere, in which meat and other articles sensitive to the presence of moisture, can be kept sweet for a long time. A little experience will soon enable the servants to know when to renew the lime, and how much to use at any one time.

TO REVIVE CUT FLOWERS AFTER PACKING.

Plunge the stems into boiling water, and by the time the water is cold, the flowers will have revived. Then cut afresh the ends of the stems, and keep them in fresh cold water.

TO KEEP LEMONS.

Lemons can be preserved by varnishing them with a solution of shellac in alcohol. The skin of shellac formed is easily removed by rubbing the fruit in the hands. Lemons can be kept a long time fresh by putting them into a glass preserve jar, and fastening them up tight.

TO COUNTERACT ONION.

By chewing and swallowing a few leaves of parsley, after eating onions, a magic sweetening of the breath will be obtained.

TO GET RID OF RED ANTS.

Wash your shelves clean, and while damp rub fine salt on them quite quickly; let it remain on for a time and the ants will entirely disappear. Sea sand or oyster shells laid around where they are troublesome will drive them away.

ANOTHER.

Buy five cents' worth of calomel and put it on a plate with syrup where the ants trouble you; they will disappear; or cayenne pepper is said to be a good cure for ants, as well as mice and other vermin.

ANOTHER.

Quicklime is most effectual in destroying ants, if some is put on the window sill or wherever they get in. This was tried in a larder which was infested with them, and was quite successful, not one remaining nor reappearing.

ANOTHER.

Saturate a sponge with water, over this sprinkle sugar, and place wherever you wish it, over night (being careful, however, to remove all eatables out of the way); in the morning vast numbers of the ants will be found collected on it; throw the sponge into boiling water, and repeat the process until all have disappeared.

TO DESTROY HOUSE FLIES.

Take half a teaspoonful of black pepper, a teaspoonful of brown sugar and a teaspoonful of cream; mix them well together, and place the mixture in a room where the flies are troublesome.

INSECTS IN CAGES.

Put a piece of linen, once or twice doubled, over the top and to hang down the sides of the cages every night; you will find it full of the insects in the morning. If repeated every night, the insects will soon be got rid of. The linen must be washed in hot water every day to kill the insects.

INSECTS ON PLANTS.

Sprinkle with flour of sulphur, or wash the plants in strong soap-suds, or whale oil soap, or carbolic suds.

CHLORIDE OF LIME TO DESTROY INSECTS.

By scattering chloride of lime on a plank in a stable, biting fleas are driven away. Sprinkling beds of vegetables with a weak solution of this salt, effectually preserves them from caterpillars, slugs, moths, etc. It has the same effect when sprinkled on fruit trees or shrubbery. Mixed in a paste with fatty matter, and applied in a narrow band around the trees, it prevents insects from creeping up.

TO DESTROY COCKROACHES.

Place a bowl or basin containing a little molasses on the floor at night. A bit of wood resting one end on the floor and the other on the edge of the vessel, serves as a bridge to conduct the insects to the sweet deposit. Once in the trap its slippery sides prevent retreat, and thus cockroaches may be caught by thousands.

ANOTHER WAY.

To kill cockroaches or beetles. Strew the roots of black hellebore at night in the places infested by these vermin, and they will be found in the morning dead or dying. Or, by sprinkling powdered borax around the places they frequent, they will be completely driven away.

WORMS IN FLOWER POTS.

Stir some freshly-burned lime in water. When quite clear use the water for the plants, and the worms will be expelled.

ANOTHER WAY.

Use strong soapsuds to water the plants, and the worms will be found dead on the outside.

PREVENTION OF MOTHS.

The best way of preventing moths is to wrap each article in stiff brown paper, secured all round, either with gum paste, or close stitching; in fact, to make it as air tight as possible. Put the packages in a box, and keep them tightly closed.

EARWIGS.

These troublesome insects may be enticed from the ear, into which they may have crawled, by placing a bit of apple (of which they are very fond) on the outside.

ANOTHER.

In cases of very little insects getting into the ear, they will be immediately killed by a few drops of olive oil poured into the ear. If a child put a seed, a little pebble, or any small body of that nature into the ear, it may often be extracted by syringing the passage strongly with warm water for some time.

TO DRIVE OFF ANTS.

Place a small saucer of ground cloves where they are troublesome, and they will quickly disappear.

TO SWEETEN PIE PLATES.

When these have long been used for baking, they are apt to impart an unpleasant taste in consequence of the portion of oily matter they imbibe from the butter or lard. To purify them, place them in a boiler or large kettle of cold water, throw in a few hot ashes or cinders, and boil for an hour.

TO REMOVE CLINKERS IN STOVES.

Persons troubled with "clinkers" adhering to the lining of their stoves or furnaces, may be interested in knowing that by placing a few oyster shells into the grate, while the fire is ignited, the clinkers will become loosened, so as to be readily removed without the danger of breaking the linings.

BLUEING FOR CLOTHES.

Take one ounce of soft Prussian blue, powder it; and put it into a bottle with one quart of clear rain water, and add a quarter of an ounce of oxalic acid (powdered); a teaspoonful is sufficient for a large washing.

TO PRESERVE FLOWERS IN WATER.

Mix a little carbonate of soda in the water, and it will keep the flowers a fortnight.

TO DRIVE OFF MICE.

If you are troubled with mice, gum camphor, placed about their haunts, will keep them away.

TO CLEAN KNIVES.

A small, clean potato, with the end cut off, is a very convenient medium of applying brick dust to knives, keeping it about the right moisture, while the juice of the potato assists in removing stains from the surface. We can get a better polish by this method than by any other we have tried, and with less labor.

TO MAKE A COAL FIRE.

There is as much art in making a coal fire as there is in any other of the arts in housekeeping. First, clear the grate, then fill it about half full of coal, then make a wood fire, putting on a few sticks of wood, which will burn slowly, gradually igniting the coal. The wood ashes on top of the coal will prevent its rapid consumption, and a fire thus constructed, burning slowly, with a moderate

heat, will last all day. It is always good economy to put one or two sticks of wood on the top of a coal fire in a grate, as the ashes will prevent the coal from burning out fast, and throw more largely the heat into the room.

ELASTIC AND SWEET GLUE.

Good common glue is dissolved in water, on the water bath, and the water evaporated down to a mass of thick consistence, to which a quantity of glycerine, equal in weight to the glue, is added, after which the heating is continued, until all the water has been driven off, when the mass is poured out into moulds, or on a marble slab. This mixture answers for stamps, printers' rollers, galvanoplastic copies, etc.

FIRE AND WATER-PROOF PAINT.

Slack stone lime by putting into a tub, covered, to keep in the steam; when slacked, pass the powder through a fine sieve, and to every six quarts add a quart of rock salt and a gallon of water. then boil and skim clear; to every five gallons of the liquid add pulverized alum, one pound; pulverized copperas, half a pound, and stir slowly; add powdered potash, three-quarters of a pound; then very fine sand or hickory ashes, four pounds; then use any coloring matter desired, and apply with a brush. It looks better than any ordinary paint, and is as durable as slate; will stop small leaks in roofs, prevent moss from growing thereon, make it incombustible, and render bricks impervious to water.

MIXING DIFFERENT COLORS.

The following receipts will enable the amateur painter to mix many shades or tints that he may require:

CREAM COLOR—This is a mixture of chrome yellow, the best Venetian red and white lead.

PEARL GRAY—White lead, with equal portions of Prussian blue and lamp-black. The blue must be used very cautiously, as it is a powerful color.

FAWN COLOR—Burnt sienna, ground very fine, mixed with white lead.

BUFF—This is a mixture of pale chrome yellow and white lead, tinged with a little Venetian red.

STRAW—A mixture of pale chrome yellow and white lead.

DRAB—Raw or burnt umber and white lead, with a little Venetian red.

CANARY BATHING.

A canary can be made to bathe in this way :—After giving it seed in the early morning, remove the water cup and put in the bath tub with fresh water, feed it only on dry food, and give no other water until evening. They will then go to the bath to drink, and finally will bathe. A bit of sponge cake in the bath will tempt them to it.

SUBSTITUTE FOR STRONG DRINK.

Five drams sulphate of iron, eleven drams peppermint water, one dram Jamaica ginger; a tablespoonful night and morning.

HAIR CRIMPING.

Ladies who have difficulty in making their hair remain crimped, will find the following remedy of use :—Five cents' worth of gum arabic dissolved in a very little hot water, and left to stand over night in enough alcohol to make it thin; then bottle. The hair should be wet with the mixture before being crimped.

CURE FOR CHAPPED HANDS.

The surest remedy for chapped hands is to rinse them well after washing with soap, and dry them thoroughly by applying Indian meal or rice powder.

HOW TO GROW FAT.

FIRST—Take soup and beer every day; also hot milk, coffee or chocolate well sweetened. SECOND—Let your food be chiefly farinaceous and vegetable; bread, with butter or milk; milk mush, potatoes, cabbage, turnips, etc., prepared with butter; sweet puddings. THIRD—Eat meat only once a day; the fatter kinds are the most suitable. FOURTH—Take neither acids nor alkalis, and avoid everything that disagrees. Milk, butter and sugar are very fattening, but everybody cannot take them with impunity, and to grow fat it is essential that digestion be almost perfect. FIFTH—Sleep all you want, and take exercise in moderation.

CHIMNEY SOOT

Is a very powerful manure, applied at the rate of one pound to the rod; it abounds in ammonia, and consequently possesses stimulating power in a remarkable degree. Too much soot per rod will drive vegetation beyond what is desirable. One part soot and two of

guano possess more stimulating ammonia than any other proportionate quantity of any other manure extant. Soot forms an exceedingly rapid stimulator for peas, lettuce, carrots, spinach and most crops, in a liquid state, at the rate of half an ounce to two quarts of water, given so as to soak down to the roots. Always give soot while the plant is in an active state. Most houses make soot enough to manure a whole garden for the year.

House plants ought to be stimulated gently once or twice a week. Rain water, so refreshing to summer flowers, always contains ammonia, which also abounds in all liquid manures. If you take an ounce of pulverized carbonate of ammonia, dissolved in one gallon of water, it will make spring water even more stimulating to your plants than rain water. If you water your plants once in two weeks with guano water (one tablespoonful to a pail of water) they will grow more thrifty. Always keep the soil in your pots loose. A common hair pin, used daily, will stir the earth sufficiently.

TO BEESWAX LEAVES.

First press all leaves between books or paper till perfectly dry; then iron them on several thicknesses of brown paper with a moderately hot iron, touching the beeswax once for every leaf; iron first on the right side, then on the other, and spread on a table to dry, not letting them touch each other.

TO CLEAN MARBLE MANTELS.

Marble mantels that have become badly discolored by smoke, may be made perfectly clean by the application of benzine. Put it on liberally, then rub off with a clean flannel. If one application does not do it effectually, a second will. Never apply soap to marble—it takes off the polish; but grease spots may be removed by the application of powdered magnesia.

TO REPAIR FURNITURE.

Chips broken off any of the furniture, should be collected and replaced by means of a little glue applied to them. Liquid glue, which is sold prepared in bottles, is very useful to have in the house, as it requires no melting, and anything broken can be with it very quickly repaired.

TO MAKE LIQUID GLUE.

Break glue in small pieces, and put it into whiskey to dissolve. It will keep a long time, and will always be ready to use.

A CLEAN PASTE.

Two parts gum tragacanth and one part powdered gum arabic ; cover with cold water till dissolved, then reduce to desired consistency with same. A few drops of carbolic acid will prevent souring.

PASTE FOR CLEANING BRASS.

Rotten stone, two ounces ; oxalic acid, half an ounce ; sweet oil, three-quarters of an ounce ; turpentine, enough to make a paste. Apply it with a little water.

SOAPSUDS

May be used with great advantage for manuring grape vines. Downing says he has seen an Isabella grape vine produce 3000 fine clusters of well ripened fruit in a season, by the liberal use of manure and soapsuds from the weekly wash. The effect of soapsuds on other plants is remarkable. A cypress vine that had remained stationary for a fortnight, when about two inches high, immediately began to grow after being watered with soapsuds, and grew about six inches in five days.

If you have a strip of land do not throw away soapsuds. Both ashes and soapsuds are good manure for bushes and young plants.

TO MAKE SOFT SOAP.

To one pound of the Concentrated Lye add three gallons of soft water and four pounds of fat or tallow ; boil until the mass gets transparent and all the fat has disappeared. Now add twelve gallons of soft water, boil a few minutes, and the soap will be ready for use. As soon as cold it will be a perfect jelly. If still too thick, add more water, which can be done to make the soap to any consistency desired. Twenty-five gallons of good soft soap can be made in this way out of one pound of the Concentrated Lye. This is the kind of soap which nine families out of ten make with the Concentrated Lye, and it gives every satisfaction. Any child can make it. No trouble. If you will but try it once, you never will be without it again.

HARD SOAP.

Put one box of Concentrated Lye into three gallons of water (knock off the end, and let the box boil until it empties itself, then take out the box), add four and a half pounds of soapfat, and let it boil two hours and ten minutes. Then add a small half pint of

salt, and let it continue boiling thirty-five minutes longer, when you add half a gallon of *hot* water, and let it come to a boil; pour a small tumbler full of cold water into a tub or box to wet around the sides, then empty the soap in; stand all night, and cut it in bars in the morning. It will be fit for use in about four weeks. This furnishes a *large* amount of good soap.

HARD SOAP—FROM CLEAR GREASE.

Break up the contents of a box of the Concentrated Lye into fragments, by striking on the sides of the box. Dissolve it then in two and a half pounds (pints) of hot water in an iron pot. Melt in another pot or pan, five pounds clean fat or grease. Take it off the fire when it is all melted, and stir into it slowly the dissolved lye, and keep stirring until the whole becomes well mixed and like molasses. Now cover up, and set in a warm place over night. Next day cut up into small pieces; add six pounds (or pints) of water, and melt with a gentle heat until the soap is all dissolved, then pour into a mould to cool. When cold cut into bars, which will be fit for use in about ten days. This furnishes a large quantity of very superior soap, and requires the use of no large kettles. The grease, however, must be free from flesh, skin, bones, &c., since nothing is separated in the act of making soap.

HARD FANCY SOAP.

Dissolve one pound of the Concentrated Lye in two and a half pounds (pints) of hot water, and let it cool; then melt, by *slow* heat, five pounds of clear fat or tallow; pour in the lye in a very small stream, and stir it rapidly; keep stirring until all has assumed the appearance of thick honey, and falls off the stirrer in large drops. It is then finished. Cover it up and set the batch in a warm place; or better, cover it with a woolen blanket to keep in the heat, and let it stand for twenty-four hours, when it will have set into a fine hard soap, which may be perfumed and variegated with colors by stirring the desired colors or perfumes into the mixture just before covering. If lard or olive oil is used, no heating of the same is required.

FOR GENERAL USE.

Such as to scour milk pans, cans, and churns. If you want them kept *perfectly sweet*, with little trouble, there is nothing like the Concentrated Lye. To scour tins, clean paint, wash windows,

clean bricks, wash plates, dishes, etc. Dissolve one pound of the Concentrated Lye in a gallon of water, then pour off the clear solution into a jug or demijohn to be kept for use and to be well corked. To a tub of hard water, add from one-eighth of a gill to half a pint, according to the degree of hardness in the water. A tablespoonful will generally be found enough to make three to five gallons of water fit for washing. A tablespoonful put into two or three gallons of hot water, will effectually cleanse dishes, knives, forks, tins, milk pans, and all sorts of cooking utensils, taking off the grease and dirt without the use of soap. It is also used for washing trees, and for all purposes for which potash is used.

SUGGESTIONS ABOUT SELECTING MEATS.

In selecting beef to roast, if it be for a small family, the rib is by far the best and most tender cut; have some of the bone removed, then make your butcher skewer the beef. The best beefsteak for broiling is porter-house. The best beef for alamode is the round; have the bone removed and trim off all the gristle. For corned beef, the round is also the best. For a mutton roast, choose the shoulder, the saddle, or the loin and haunch. The leg should be boiled. Small rib chops are best for broiling; those cut from the leg are generally tough. Mutton cutlets to bake, are taken from the neck. For roast veal, the loin, breast or shoulder is good. Veal chops are best for frying; cutlets are more apt to be tough.

In selecting beef, take that which has a loose grain, easily yielding to pressure, of a dark red color, smooth, with whitish fat; if the lean is purplish, and the fat is yellow, it is poor beef. Grass fed is the lightest, ox the best, and next the heifer. Perhaps the nicest mutton roast is a small leg, the bone taken out, and cavity stuffed with forced-meat. The best beef roast is (for three), about two and a half or three pounds of porter-house. Sirloin ranks next. A rump roast is very nice. Two to three pounds is a great plenty for three. In chops, I think that from the hind leg of mutton best, unless you can get a "meaty" sirloin. The same in pork; about one and a half pounds is sufficient. Beefsteak about the same quantity. Porter-house is cheaper than sirloin, having less bone. Rump steak and round, if well pounded to make them tender, have the best flavor.

THINGS TO REMEMBER.

Remember, that mirrors should never be hung where the sun shines directly upon them. They soon look misty, grow rough or

granulated, and no longer give back a correct picture. The amalgam or union of tinfoil with mercury, which is spread on glass to form a looking-glass, is easily ruined by the direct, continued exposure to the solar rays. Remember that lemons can be kept sweet and fresh for months by putting them in a clean, tight cask or jar, and covered with cold water. The water must be changed as often as every other day, and the cask kept in a cool place. Remember, that a tablespoonful of black pepper will prevent gray or buff linens from spotting, if stirred into the first water in which they are washed. It will also prevent the colors running, when washing black or colored cambrics or muslins, and the water is not injured by it, but just as soft as before the pepper was put in. Remember, that one can have the hands in soapsuds with soft soap without injury to the skin, if the hands are dipped in vinegar or lemon juice immediately after. The acids destroy the corrosive effects of the alkali, and make the hands soft and white. Indian meal and vinegar or lemon juice used on the hands when roughened by cold or labor, will heal and soften them. Rub the hands in this; then wash off thoroughly, and rub in glycerine. Those who suffer from chapped hands in winter, will find this comforting.

TO CLEAN DECANTERS.

Roll up in small pieces, some soft brown or blotting paper; wet them, and soap them well. Put them into the decanters, about one-quarter full of warm water; shake them well for a few minutes, then rinse with clear cold water; wipe the outside with a nice dry cloth; put the decanters to drain, and when dry, they will be almost as dry as new ones.

TO CLEAN MARBLE.

Spanish whiting, made into a paste by being moistened with water, in which a piece of washing soda is dissolved, spread on a piece of flannel, and well rubbed upon marble, the process being repeated two or three times, is very good as a cleanser. It should be washed off with soap and water, and the marble afterwards polished with a soft duster.

TO PRESERVE BRIGHT GRATES OR FIRE IRONS FROM RUST.

Make strong paste of fresh lime and water, and with a fine brush smear it as thickly as possible over all the polished surface

requiring preservation. By this simple means, all the grates and fire irons in an empty house may be kept for months free from harm, without further care or attention.

TO KEEP A STOVE OR FURNACE FROM RUST IN SUMMER.

Rub kerosene oil on the stove in the spring, and it will prevent it from becoming rusty.

MENDING CHINA.

Breaking china and glass is about the most disagreeable thing that can happen in a family, and it is, probably, a greater annoyance to a right-minded servant than to the mistress. A neat-handed housemaid may sometimes repair these breakages, where they are not broken in very conspicuous places, by joining the pieces very neatly together with a cement, made as follows: Dissolve an ounce of gum mastic in a quantity of highly rectified spirits of wine; then soften an ounce of isinglass in warm water, and finally dissolve it in rum or brandy till it forms a thick jelly. Mix the isinglass and gum mastic together, adding a quarter of an ounce of finely powdered gum ammoniac; put the whole into an earthen pipkin, and in a warm place, till they are thoroughly incorporated together; pour it into a small vial, and cork it down for use. In using it, dissolve a small piece of the cement in a silver teaspoon, over a lighted candle, The broken pieces of glass or china being warmed, and touched with the now liquid cement, join the parts neatly together, and hold in their places till the cement has set; then wipe away the cement adhering to the edges of the joint, and leave it for twelve hours without touching it; the joint will be as strong as the china itself, and if neatly none, it will show no joining. It is essential that neither of the pieces be wetted with hot or cold water.

TO PREPARE EARTH FOR HOUSE PLANTS.

Put together equal parts of the three following things: soil from the sides of a barn yard, well rotted manure, and leaf mould from the woods, or earth from the inside of an old tree or stump. Add a small quantity of sand. For cactuses, put as much sand as of the other materials, and a little fine charcoal.

TO RAISE HYACINTHS IN WINTER.

When they are put into the glasses or earth, set them into a dark closet until they sprout. If they are in glasses, do not let the water touch the bulb by an inch. When the roots have shot down to the water, fill the glass, put in a piece of charcoal, and set them in the sun.

TO OBTAIN FLOWERS FROM BULBOUS ROOTS IN THREE WEEKS.

Put quicklime into a flower pot till it is rather more than half full; fill up with good earth; plant your bulbs; keep the earth damp. The heat given out by the lime will rise through the earth and temper its fierceness.

WINDOW GARDENING.

First procure a wooden box, quite shallow, about twelve inches long and eight inches wide, and if convenient, line it through the inside with zinc, and punch about four holes in the bottom of the box for drainage. Then proceed as follows: Fill the box with rich dirt, then mix with this chip dirt, some leaf mould, if it can be procured, and if not, just a little sand and dirt will do; now you have your box ready to plant your flowers; so you may choose what flowers you like. I have a box in which are planted coleus, ivy, verbenas, portulaca, wandering jew, and thus they form a miniature window garden. I think if one would plant in a box a row of hyacinths, a row of tulips, and a row of crocuses, and have them all in bloom at the same time, it would be a beautiful sight, and in winter who would not enjoy them? I would advise every one to grow the green wandering jew, and keep it through the winter, as it is quite easily kept; if watered occasionally with ammonia water, it will keep green and grow luxuriantly through the winter. When you have your box all filled with plants, you can ornament it on the outside by covering it with rough bark, which can be procured by taking a walk in the woods, and then when it is done, varnish it with Damar varnish, and it will be quite pretty. Another pretty ornament is, to take a bowl of water and put in two sweet potatoes, and in several weeks they will sprout and throw out their green leaves, and it will be a beautiful vine, and can be trained in any manner which the taste of the person may desire. And still another beautiful window ornament is, to have a Wardian case* filled with calla lilies and water lilies and lycopodium.

A BEAUTIFUL PARLOR ORNAMENT.

A beautiful ornament for the sitting room can be made by covering a common glass tumbler with moss, the latter fastened in place by sewing cotton, wound round. Then glue dried moss upon a saucer, into which set the tumbler, filling it and the remaining space in the saucer with loose earth from the woods. Plant the former with a variety of ferns, and the latter with wood violets. On the edge of the grass also plant some of the nameless little evergreen vines which bear red (scarlet) berries, and whose dark, glossy, ivy-like foliage will trail over the fresh blue and white of the violet with beautiful effect. Another good plan is, to fill a rather deep plate with some of the nameless, but beautiful silvery and light green and delicate pink mosses, which are met with in profusion in all swamps and marshes. This can be kept fresh and beautiful as long as it is not neglected to water profusely once a day. It must, of course, be placed in the shade, or the moss will blanch and die. In the centre of this, a clump of large azure violets should be placed, adding some curious lichens and pretty fungus growth from the barks of forest trees, and a few cones, shells and pebbles.

IVIES AND TUBEROSES.

Ivies of the flowering sort need strong sunshine, good light soil, and only moderate watering, adding once in one or two weeks a little guano. Tuberoses require rich soil, say one-half well rotted grain manure and one-half loam. Put them in five-inch pots, placing about one-half the bulb under the mould; give them all the heat you can, and plenty of moisture; a good way is to partially fill a box with ashes and put the pots in it, standing the box on the kitchen mantelpiece, the ashes to be wet with hot water; in this way they will soon begin to grow; must not be planted out until the latter part of May, and then put in your very sunniest spot.

GERMAN IVY.

One of the best things for room gardening is the German ivy. It is not a true ivy, but takes its name from the great resemblance the leaves have to the true ivy in form and texture. Neither can it be a native of Germany, which is a cold country, while this so-called German ivy is easily killed by a little frost. It is most likely it got the English name of German ivy through having been

introduced to English gardens first from Germany. Though not hardy, it will endure any low temperature just above freezing point, and indeed seems to grow best where the room is not too warm. It grows faster than the ordinary ivy. We have known it to make ten feet in one summer season. It seems as much at home in a hanging basket as in a flower pot, and grows as well downwards as when running up a string or wire. It does not, however, do as well in deep shade as the ivy does. It will never compete with it in this particular. Nor is it well adapted for permanent and continuous growth; but it does well in shadier places than suits most flowers, and its free and easy growth renders it very acceptable. It is, moreover, one of those plants which grow so easily by slips, that one can always have a stock of young ones to give to friends and neighbors. The smallest piece of it, if it have a leaf or two with it, roots in a few weeks in a moist, sandy earth; and these little pieces make nice, well rooted plants in a few weeks. Where it is trained over windows, and in this way given room to extend itself all summer, without being disturbed, it will produce a profusion of golden yellow flowers before spring, but it is seldom seen in this condition.

ROCKWORK.

In many grounds a corner can be fitted up with rockwork which will create a good effect, and this ornamental work can be very easily made. Procure a cartload of rough material at any brick kiln, such as is left after the burning of the bricks, and lay the pieces upon a mound of earth built as high as you may desire it to be—five or six feet is the best height. Throw some soil between the rocks, and then plant the interstices with ferns, ornamental grasses, ivy, geraniums, verbenas, lobelias, pansies, and any wild creeping plants. This rockwork will show to excellent advantage at a distance, and also serve to conceal an unsightly corner. When one has the opportunity of laying out a rockery in a more scientific manner, it can be made of geological specimens, and forms a really beautiful work of art; and young ladies can employ some of their leisure quite profitably in studying the formation of rocks, and the growth of mosses and ferns, by superintending the erection of an artistic and scientific rockwork. It is a good plan to take the rock or stone from the nearest beach or quarry, together with the native mosses and ferns. The size of the stones could be

varied, but in proportion to the size of the rockwork to be formed. If there is sufficient room, a cave can be made to hold a rustic seat, and it could be covered with ivy and creeping plants, and would furnish a delicious retreat upon a hot, sultry day. The interior could be lined with stones and mosses, and it would soon have the appearance of an old ruin.

Rockwork is very ornamental when made around a fountain, and thickly planted with such plants as thrive best in a moist state; or a rocky island can be constructed in a pond or lake, and planted with vines, ferns and mosses, the lovely blue forget-me-not, the yellow water iris, water plantains and lilies.

REMEDY FOR A BAD BREATH.

Take from five to ten drops of hydrochloric acid in half a tumbler of spring water, a little lemon juice, and loaf sugar, rubbed on lemon peel, to flavor it to suit the palate. Let this mixture be taken three times a day for a month or six weeks, and if useful, then continued occasionally. It is a pleasant refrigerant and tonic draught. It is useful to chew a bit of orris-root, or to wash the mouth with the tincture of myrrh, or to take a bit of myrrh the size of a hazel nut at night, or a piece of burned alum.

CHARCOAL.

All sorts of glass vessels and other utensils may be purified from long retained smells of every kind, in the easiest and most perfect manner, by rinsing them out well with charcoal powder, after the grosser impurities have been scoured off with sand and potash. Rubbing the teeth, and washing out the mouth with fine charcoal powder will render the teeth beautifully white, and the breath perfectly sweet, where an offensive breath has been owing to a scorbutic disposition of the gums. Putrid water is immediately deprived of its bad smell by charcoal. When meat, fish, etc., from intense heat, or long keeping, are likely to pass into a state of corruption, a simple and pure way of keeping them sound and healthful, is by putting a few pieces of charcoal, each the size of an egg, into the pot or sauce-pan wherein the fish or flesh is to be boiled.

EXTRACT OF GERANIUM.

Put one dram of the oil of geranium into a pint of deodorized alcohol; shake it well. It will be ready for use in a short time.

ESSENCE OF ROSES.

Take one ounce of deodorized alcohol (ninety-five per cent.), and drop into it thirty drops of ottar of roses. Shake it up well; let it stand two days, when it will be fit for use.

ESSENCE OF NUTMEGS.

Dissolve one ounce of the rectified oil of nutmegs in one pint of rectified spirits of wine.

COLOGNE.

Take one gallon of deodorized alcohol, an ounce of oil of lavender, one ounce of oil of orange, two drams of oil of cedrat, one dram of oil of neroli, or orange flowers, one dram of oil of rose, and one dram of ambergris. Mix well, and keep in a cool place for three weeks.

COLOGNE OR TOILET WATER.

Spirits of wine, one pint; oil of bergamot, lavender and lemon, each, one dram; oil of rose and jasmine, each, ten drops; essence of ambergris, ten drops. Mix and keep well closed in a cool place for two months, when it will be fit for use.

TINCTURE OF ROSES.

Take the leaves of the common rose (*centifolia*), and place, without pressing them, in a common bottle; pour some good spirits of wine upon them; close the bottle, and let it stand till required for use. This tincture will keep for years, and yield a perfume little inferior to ottar of roses; a few drops of it will suffice to impregnate the atmosphere of a room with a delicious odor. Common vinegar is greatly improved by a very small quantity being added to it.

TO PERFUME CLOTHES.

Cloves, in coarse powder, one ounce; lemon peel, one ounce; cassia, one ounce; lavender flowers, one ounce. Mix and put them into bags, and place them where the clothes are kept, or wrap the clothes around them. They will keep off insects.

LAVENDER WATER.

Take a pint of proof spirits, one ounce of essential oil of lavender; two drams essence of ambergris. Put all into a quart bottle, and shake it extremely well.

HUNGARY WATER.

To one pint of proof spirits of wine, put an ounce of oil of rosemary, and two drams of essence of ambergris; shake the bottle well several times, then let the cork remain out twenty-four hours. After a month, during which time shake it daily, put the water into small bottles.

RECEIPTS.

PART II.

TO SELECT FLOUR.

First—Look to the color; if it is white, with a yellowish colored tint, buy it; if it is white, with a bluish cast, or with white specks in it, refuse it. *Second*—Examine its adhesiveness; wet and knead a little of it between your fingers, if it works soft and sticky it is poor. *Third*—Throw a little lump of dried flour against a smooth surface; if it falls like powder it is bad. *Fourth*—Squeeze some of the flour tightly in your hand; if it retains the shape given by the pressure, that, too, is a good sign. It is safe to buy flour that will stand all these tests.

LIQUID YEAST.

Peel and boil four large potatoes in two quarts of cold water; boil until well done; remove them from the water and mash very fine; mix in four tablespoonfuls of flour, two of white sugar, and one of salt; gradually wet with the boiling hot water in which the potatoes were boiled, until all of the water is used up; when lukewarm add one gill of good yeast; set it aside to ferment in a large bowl or jar; when it ceases to work, bottle and keep in a cool place. This receipt makes a very nice white yeast; always save enough (one gill) to make a new lot.

YEAST BREAD MADE WITH MILK.

Take a pint and a half of milk; make it quite warm; half a pint of yeast; add sufficient flour to make it as thick as batter; put it

into a pan ; cover it over, and keep it warm ; when it has risen as high as it will, add a gill of warm water and a little salt ; mix them well together ; rub into a little flour two tablespoonfuls of butter, a tablespoonful of white sugar, add that and flour enough to make your dough ; let it stand for three-quarters of an hour, and it will be ready to make into rolls or loaves. Let them stand till they are risen, and bake in a quick oven.

COFFEE ROLLS.

Take six cups or three pints of flour, half a cup of white sugar, a piece of butter the size of an egg, half a cup of yeast, two eggs, and a little nutmeg. Mix with warm milk, and let it rise over night ; if well risen in the morning, knead and set in a cool place until afternoon, then shape into long rolls and let them rise an hour and a half. Bake in a moderate oven. When done, glaze them with a little milk in which some brown sugar has been dissolved, and set them back in the oven for a few minutes. These are for tea.

BREAKFAST CAKE.

One pound, or three cups of flour, a pint of milk, two eggs, half a cup of sugar, two teaspoonfuls of Lewis' Condensed Baking Powder sifted into the dry flour, a little salt, and a piece of butter the size of an egg rubbed into the flour. It should be the consistency of batter ; if it is not, a little more milk should be added.* To be baked in cups or rings.

RYE MUFFINS:

Put into a pan two cups of rye meal ; sift a cup of flour in which a little salt and two teaspoonfuls of Lewis' Condensed Baking Powder has been put, into the rye meal ; mix together, and add half a cup of molasses, two eggs, and milk enough to make a stiff batter. Bake in muffin rings in a quick oven. Fifteen or twenty minutes will be required.

RYE CAKES.

Two cups of rye meal, half a cup of molasses, one or two eggs, a little salt, one large teaspoonful of Lewis' Condensed Baking Powder, and sweet milk enough to make a batter about the consistency of pan cakes. Bake in muffin rings in a quick oven.

* * It is difficult to tell the exact amount of milk or water to use in making bread or cake, there is so much difference in flour, some requiring a great deal more than others. It is generally conceded the best flour takes the largest quantity of liquid. When you find a flour that suits remember the brand, and always get the same if you can.

RICE BREAD.

Simmer slowly over a gentle fire half a pound of rice in three pints of water, till the rice has become perfectly soft, and the water has either evaporated or been imbibed by the rice; let it become cool, but not cold, and mix it completely with two pounds of flour; add to it some salt and half a cup of yeast. Knead it very thoroughly, for on this depends whether or not your good materials produce a superior article. Next, let it rise well before the fire; when it has risen, make it up into loaves with a little of the flour, which, for that purpose, you must reserve from your two pounds, and let it stand to rise again. It will require a longer time to bake than flour bread. This is an exceedingly good and cheap bread.

NEW ENGLAND BROWN BREAD.

One cupful or a little more of sour milk, two-thirds of a cupful of molasses, a little salt, two cupfuls of rye meal and three of coarse yellow Indian meal (or two and one-half cupfuls of each), warm water enough to mix it, and one teaspoonful of soda; steam three hours and then place in the oven and brown.

DELICIOUS BROWN BREAD.

Two coffee cups of Indian meal, one coffee cup of molasses, one quart of sweet skim milk, one teaspoonful of salt, two teaspoonfuls of Lewis' Condensed Baking Powder, and two eggs; stir with flour or shorts about as stiff as for cake, and bake in a pudding dish; or it can be steamed as above. This is excellent, and testing it you will pronounce it good.

CORN BREAD OR MUFFINS.

Two cups of Indian meal, one cup of flour in which two teaspoonfuls of Lewis' Condensed Baking Powder has been sifted and a little salt, two tablespoonfuls of white sugar, a tablespoonful of lard or butter, three eggs and milk enough to make a batter. Bake in muffin rings fifteen or twenty minutes.

CORN MUFFINS.

Cream together a cup of sugar, half a cup of butter, three eggs and a pint of milk; stir in one cupful of Indian meal, two teaspoonfuls of Lewis' Condensed Baking Powder sifted into a quart of wheat flour; stir well. Bake in muffin rings in a hot oven.

OATMEAL BREAD.

Oatmeal can be made into a bread "that will neither be hard nor sticky" in but one way. The oatmeal crackers, so called, are made of wheat flour, with a little oatmeal worked in. Perfect oatmeal bread is made by boiling whole oats in a double boiler in four times their bulk of water for one hour and a half, and then stirring in a meal of oats until a heavy dough is formed, when they are ready to bake in gem pans.

OATMEAL CRACKERS.

One teacupful of oatmeal and enough tepid water to make into dough; mix well and quick; the harder the dough the better; if it will bear to be rolled out with the rolling pin, begin to roll it, stopping to press the ragged ends with your fingers; keep at it in the same way till it is one-eighth or a quarter of an inch thick; be quick about it or it will get too dry under your hands; make only dough enough at one time for one cracker; do not brown it any in baking; it will be good for months if you put into your oatmeal barrel and cover it with meal.

OATMEAL AND WHEATEN GRITS.

There is only one perfect way of cooking oats and wheat. For the perfection of oat food the whole or "pearled" oat should be used, as oat meal becomes rancid by absorption of noxious odors in a single day. The pearled oats must be soaked ten or twelve hours in four times as much water (boiling water is best), to which a little salt has been added, and then boiled in a double boiler for an hour and a half, receiving no stirring except at the close of the boiling process; pour into moulds and serve when partly or quite cold, as preferred. To lovers of oat food, this will be found to be a new revelation. To such as dislike "mushes," it will commend itself for its elegance, being nearly white, and delicate flavor. "Pearled wheat" and "coarse granulated wheat," which can now be bought, require like treatment and are entitled to like commendation.

TEA BISCUIT.

One quart of sifted flour, one heaping teaspoonful of lard, a little salt; milk and water mixed, half each, about two-thirds of a pint; two teaspoonfuls Lewis' Condensed Baking Powder. Mix the flour, salt and powder together, then rub the lard well into the flour; add

the mixed milk and water, stirring all together with a spoon ; knead until smooth, roll out about half an inch thick, cut with a cutter, and bake in a quick oven.

GRAHAM BREAD.

Take a pint of wheat flour (or white Indian meal); mix thoroughly with a gill of yeast and half a pint of lukewarm water ; let it stand in a warm place until light ; when light, add one pint of lukewarm water, a little salt, a tablespoonful of sugar, and sufficient quantity of Graham flour to form soft dough ; let it rise ; knead and bake in a moderate oven.

PUFFS, OR GEMS.

One pint of flour, a teaspoonful of Lewis' Condensed Baking Powder, a little salt, one egg, and milk enough to make a batter. Beat the mixture light, and bake in hot buttered iron gempans, letting them stand on top of the fire before going into the oven. Graham, or corn meal, can be used instead, adding two tablespoonfuls of flour with the corn meal.

APPLE FRITTERS.

Pare, core and parboil some juicy tart apples in a very little water ; chop fine ; beat seven eggs very light ; add to them, slowly, three-quarters of a pound of flour, in which a teaspoonful of Lewis' Condensed Baking Powder has been sifted ; beat very light ; put in apple enough to thicken the batter, and the grated yellow rind and juice of a lemon ; have the very best lard at a perfectly boiling point ; put in it a thick slice of raw apple ; this subdues the strong odor of the fat ; put a large spoonful of the batter in at a time, and as many spoonfuls as the pan will hold ; they take but a few moments to do, and need not be turned over ; must be made at the moment you wish to use them, and sent to the table at once, each painful sent in as quickly as baked ; powdered sugar, with cinnamon and nutmeg in it, is nice for them.

VENETIAN FRITTERS.

Pick, wash and drain three ounces of whole rice ; put it into a pint of cold water and bring it very slowly to boil ; stir it often and let it simmer gently until quite thick and dry. When about three parts done, add to it two ounces of pounded sugar and one of fresh butter, a pinch of salt, and the grated rind of half a lemon.

let it cool in the sauce-pan, and when only just warm, mix with it thoroughly three ounces of currants, four of apples, chopped fine, a teaspoonful of flour, and three or four small, well-beaten eggs. Drop the mixture in small fritters, fry them in butter from five to seven minutes, and let them become quite firm on one side before they are turned. Do this with a slice. Drain them as they are taken up, and sift white sugar over them after they are dished.

SPANISH FRITTERS.

Take a stale loaf of baker's bread, cut it into slices. Make a custard of a pint of milk, three eggs and a little salt; dip the slices of bread into the custard and fry them in hot butter till they are of a light brown color. To be eaten with syrup or wine sauce.

DUMPLINGS FOR SOUP.

Take a pint of flour, put it into a sieve with a little salt, one and a half teaspoonfuls of Lewis' Condensed Baking Powder; sift it and mix with sweet milk enough to mould into small dumplings; this will make about a dozen. Put them into a steamer over the soup pot and be sure the pot is boiling all the time; cook them ten or fifteen minutes. When they are done take them up on a platter and pour a few spoonfuls of soup over them. These make a very good plain dessert for children, and can be eaten with syrup.

SUET CRUST FOR MEAT PIE.

To a large pint of flour, put two teaspoonfuls of Lewis' Condensed Baking Powder, a little salt, a cupful of beef suet chopped fine; mix with milk enough to knead; roll it the size of your dish, and if you have a cup in the centre of the pie cut a round out of the crust, so that the cup can be removed before sending to the table. Bake in a quick oven.

RUSK.

Boil and mash two good-sized potatoes, one quart of rich milk, one compressed yeast cake, dissolved, and flour to make a stiff batter; mix at noon; in the evening, when quite light, rub together one-half pound of sugar, one-quarter pound of butter, and beat very light, two eggs; stir these in the batter with half a nutmeg, grated; mould up soft, put in a warm place, and when quite light, break off pieces about the size of an egg, form them into small cakes, laying them closely together in the pan; when very fluffy, wash over the top with a little sweetened milk; bake in a moderately quick oven.

SHORT CAKES.

Half a pound of butter, one pound of flour, a little salt, cold water to form a dough; cut up the butter in the flour, and rub it until they are thoroughly mixed; roll the dough out into sheets, and cut the cakes with a cutter or tumbler. Serve them hot, split them open and eat them with butter.

FRENCH ROLLS.

Turn a quart of lukewarm milk on to a quart of flour; melt two ounces of butter and add to the milk and flour; also, two eggs and a teaspoonful of salt; when cool, stir in half a teacup of yeast and flour enough to make it stiff enough to mould up; set in a warm place to rise; when light, do it up in small rolls, and lay the rolls on flat buttered tins; let them rise again twenty minutes before baking.

BUTTER BISCUIT.

Melt a cup of butter, mix it with two-thirds of a pint of milk, a teaspoonful of salt, half a cupful of yeast; stir in flour till it is stiff enough to mould up. Two eggs improve the biscuit, but are not essential. Set in a warm place to rise; when risen, roll out and cut with a biscuit cutter; lay them on flat tins that have been buttered, and let them rise half an hour before baking.

POTATO BISCUIT.

Boil six medium-sized potatoes; mash very fine; while warm, stir in a large tablespoonful of butter, and two of white sugar, half a cup of yeast, and two cups of warm milk, with enough flour to make a batter; a little salt. Set to rise four or five hours, or until quite light; then add enough flour to make a soft dough. Let this rise; when light, roll out and cut into biscuit; set to rise half or three-quarters of an hour, then bake.

HOMINY MUFFINS.

Take two cups of cold boiled hominy; the fine hominy is the best; beat it smoothly, with three cups of sour milk; two tablespoonfuls of white sugar, a teaspoonful of salt, half a cup of melted butter, three eggs, a cup of flour in which a teaspoonful of soda has been sifted. If sweet milk is used, two teaspoonfuls of Lewis' Condensed Baking Powder should be used instead of the soda. Bake in muffin rings.

EASTER BUNNS.

Make a batter with three cups of warm milk, one cup of yeast and stir in flour enough to make a thin batter. Let this stand to rise over night. In the morning add one cup of sugar, half a cup of butter melted, two eggs, a little salt, nutmeg or mace, and flour enough to knead. Set to rise five hours. Add a few currants, and mould in your hands into round balls, and set them very closely together in a baking pan; let them stand till very light; then bake. Wash them over while hot with the white of an egg beaten light with white sugar.

GRAHAM MUFFINS.

Take two cups of Graham flour, do not sift; sift one cup of white flour, with two teaspoonfuls of Lewis' Condensed Baking Powder, two tablespoonfuls of sugar and a little salt; rub in a piece of butter the size of an egg; beat two or three eggs very light; add them and sweet milk enough to make a batter; about two cups full. Bake in muffin rings, in a quick oven.

TO MAKE RYE BREAD.

Take a pint of water and a large spoonful of Indian meal and make it into a gruel; add a pint of milk, and when cool enough a small gill of yeast, and then the flour. Fine bolted rye flour is necessary to make this bread good. Knead it about as stiff as white bread; let it rise over night, and then mould and put into three pans to rise again; when light bake it about an hour.

ANOTHER.

To make rye bread of good quality great care is necessary in selecting freshly ground rye. Sponge over night using two-thirds water and one-third milk—water alone will do. Use any good yeast. In sponging only *stir* the sponge; in the morning if light add a little more milk or water, salt, and twice the quantity of "shortening" used for wheaten bread. *Never knead rye bread, but stir very stiff.* Place in pans to rise and bake thoroughly.

RYE DROP CAKES.

To a pint of sour milk, put two or three eggs, not quite a teaspoonful of soda, a little salt, and sifted rye meal, (this is much

better than rye flour,) enough to make a batter that will spread a little, but not run. Drop them in muffin rings with a spoon; they will bake very nicely in fifteen minutes. Graham flour may be substituted for rye if preferred.

VEGETABLES.

HOW TO COOK POTATOES.

There is probably no daily food, which is capable of yielding such a variety of healthful and tasteful dishes as the potato, and yet many respectable families seem to have but one mode through the entire year, and that with as little care as possible, namely, boiling. Some might be interested to notice a few of the pretty ways in which we have seen them prepared in a pleasant rural home, where the mistress does not think it beneath her to give some time and thought to the planning of nutritious and even fanciful dishes. Do you say "A potato is only a potato when you have done and said it all?" A potato is only a potato, but as long as they are made a standard dish on almost every table, is it not better to give the preparation of them a little study and care, rather than to bring them into dinner cold, wet and indigestible? So, while our brothers and husbands are pondering over the kind best adapted to the climate and soil, let us give a few minutes to the nice preparations of the fine crop they will put into our cellars by-and-by. Care should be taken to select all alike in size, wash them, and let them remain in cold water until it is time to cook them; allow just time enough to have them done when the remainder of the dinner is ready. An hour should be allowed for *baking* potatoes, and when nearly done, they should be "pricked," or they should be taken in a towel and the skin broken open, so they will be dry and mealy; they should not be allowed to remain in the oven a moment after done. In *boiling* potatoes, the water should boil before the potatoes are put in; they should be kept boiling until done; half an hour will cook medium sized potatoes; when done, pour off the water and let them stand a few minutes in the kettle to dry. *Mashed* potatoes, that are nicely pared,

boiled and dried, seasoned richly with salt, cream or milk, and butter, are always good, always nice if smoothed down into the dish with care, and prettily spotted with pepper. The mashed potatoes left from dinner make a fancy dish for breakfast, by making into little cakes or patties with the hand, and frying brown in drippings or butter. The butter should be hot when the cakes are put in. The boiled potatoes left after yesterday's dinner, are very good chopped fine, and warmed for breakfast in good milk and butter, with salt and pepper. When you are boiling your tea-kettle at night, you can boil half a dozen good-sized potatoes, and when cold, slice them the long way, something less than a quarter of an inch in thickness. In the morning, lay them one by one on the griddle to slowly toast or brown, in good butter or fat, salting them carefully and evenly after placing them in a covered dish. Gentlemen always like these with their coffee; and these, or the potato balls, are an addition to the tea table when gentlemen are present. Still another way to *fry*, is to pare the potato round and round like an apple until all is used, cooking slowly and evenly in a covered spider until brown. In the spring, when the potatoes are poor, difficulty is experienced in preparing them to relish; pare and cut them half an inch in thickness, putting to boil in salted water until they are tender; then pour off the water and put on cream or good milk, seasoning and thickening with a little flour; for those who have no milk, fresh boiling water can be used with nearly as good results. All housekeepers know the value of potatoes in *yeast*, and that grated, they make an excellent *pudding* with the usual addition. After all, perhaps, there is no form which is used both for excellence and health, equal to the old-fashioned mashed potato. Potatoes are adapted to be eaten with lean meat, the starch of the potatoes furnishing the heating and fattening properties, which lean meat lacks; while the lean meat supplies the bone and muscle-making elements, not afforded by potatoes or fine flour bread. Fat meat affords heating and fattening qualities like potatoes, but in a form less easily digested by most persons.

POTATO SALAD AND SALAD DRESSING.

Cut a dozen cold boiled potatoes into fancy shapes, one-quarter of an inch thick; mix with some flakes of cold boiled fish, halibut, cod, or salmon, and pour over them a boiled salad dressing made with six tablespoonfuls of melted butter or salad oil, six tablespoon-

MEMORANDA.

MEMORANDA.

fuls of cream or milk, one teaspoonful of salt, half a teaspoonful of pepper, and one teaspoonful of ground mustard. Into this put one coffee-cup of vinegar. Boil well; then add three raw eggs beaten to a foam; remove directly from the fire and stir for five minutes. When thoroughly cold turn it over the salad, garnish with slices of pickled cucumbers, beet-root, hard boiled eggs and fresh parsley. This boiled salad can be made in quantities, and kept tightly bottled for weeks. When used for green salad it should be placed at the bottom of the bowl, and the salad on top, for if mixed the vegetables lose that crispness which is so delicious to the epicure. Slices of eggs, beets, or cold potatoes, serve to ornament the dish.

EFFECT OF WASHING UPON VEGETABLES.

The peculiar flavor of all kinds of vegetables is affected by washing, but of all kinds that used for salads is especially impaired by water. These should, therefore, never be washed unless necessary, and then only immediately before preparation for the table, and as rapidly as possible, all the water being removed by whirling or shaking in a net or colander.

TO STEW CORN.

Choose well-filled but tender ears. Cut it from the cob with two cuts to the grain, also make an incision lengthwise of the ear. It can then be cut off the cob without the skin. Then put the cobs on to boil in a stewpan covering them with water. When well cooked, having boiled twenty minutes, say, take them out, and into the water in which they were boiled put the corn. When sufficiently stewed—only a few minutes are required—season with pepper, salt, cream and butter, adding a little sugar if preferred very sweet. This receipt may be relied upon as a peculiarly excellent one, the sweetness of the corn being unsurpassed when the directions are exactly attended to.

TO PREPARE CANNED CORN.

Take the corn from the can; put it into a saucepan with a little salt, a cup of cream or milk, and the same of water, or all milk if preferred. Let it come to a boil, and just before you take it off add a piece of butter the size of an egg.

HOW TO COOK TOMATOES.

Who has not at some time been served with a dish called "stewed tomatoes," being only pieces of the fruit swimming in a greasy pinkish liquor and tasting as vile as it looked? and who does not welcome them when stewed to a smooth, rich consistency and delicately seasoned? To skin tomatoes, pour boiling water over them, and remove the skins with a sharp knife. When this is done, cut them into a saucepan and simmer slowly from twenty to forty minutes. If the tomatoes are very ripe and juicy they need longer boiling to reduce the liquor. After the first fifteen minutes season with pepper, salt, and if they are quite sour a teaspoonful of white sugar to each quart. Just before they are done thicken with a tablespoonful of butter and the same of flour, braided together. When smoothly mixed add it to the tomatoes; boil up once and serve. This may be varied, according to taste, by stewing a little minced onion or parsley, or both, with the tomatoes. Bread or cracker crumbs may be used instead of the flour for thickening. In that case add a piece of butter when you put in the other seasonings.

For baking select large tomatoes. Scoop out a part of the inside but do not skin them. Chop very fine some cold cooked meat, chicken, lamb, beef or veal. Any of these can be used or the different kinds may be mixed; a very little pork with any kind of meat makes a pleasant seasoning. Fry a very little minced onion in butter, and when brown stir in the chopped meat, a few bread crumbs, and a tablespoonful or two of stock; season with salt, pepper, and minced parsley. When hot through take from the fire and add the beaten yolk of an egg. Fill the tomatoes with this dressing, dust the top with bread crumbs, put a bit of butter on the top of each, and bake in a moderate oven about forty-five minutes. These are a pretty garnish for any kind of meat. If served alone pour a little tomato sauce in the bottom of the dish. A little green corn added to the stuffing makes a pleasant change. A mayonnaise of tomatoes makes a very nice salad course for a company dinner, and is truly delicious at any meal. Choose fine tomatoes and place on the ice to become as cold as possible. Skin them with a sharp knife, without the aid of hot water; slice them and arrange on a dish so as to keep the form of the whole tomato, place a spoonful of thick mayonnaise on each and garnish the dish with parsley. Tomatoes are very nice for breakfast served this way.

SCALLOPED TOMATOES—Peel and cut in slices, rather thick. Line a deep dish with these and sprinkle bread crumbs thickly over them; season them with butter, pepper, salt and a little white sugar. Then another layer of tomatoes with the seasonings, and so on until the dish is full. Let the tomatoes be uppermost, with a bit of butter upon each slice. Dust with the bread crumbs and bake for an hour. Cover the dish for half the time, then remove the cover and let it brown. A favorite southern dish is made by substituting green corn cut from the cob, for the bread crumbs. Season with some fat pork and a small onion minced fine, pepper and salt. Sprinkle with crumbs, and for a large dishful bake an hour.

CORN AND TOMATOES—If corn is boiled on the cob, and then cut off and canned with tomatoes, in the usual manner of canning tomatoes, it will keep well and be an excellent dish. Have twice as much tomato as corn.

TOMATO SOUP—Boil two and one-half pounds of lamb, in four quarts of water, to shreds, and the water down to two quarts; strain it. Peel and cut up fine two quarts of fresh tomatoes; mix them with the liquor; stir them very hard, and boil them half an hour; season with parsley, pepper and salt; strain them again; stir in one tablespoonful of butter before pouring into the tureen. The broth in which chickens were boiled is often preferred to the lamb.

GREEN TOMATO PICKLES—One peck green tomatoes, ten white onions, six green peppers, one small box of mustard, two quarts of vinegar, one and one-half pints of salt, one-half pound of white mustard seed, one-quarter pound whole cloves, one tablespoonful of black pepper; cut onions and tomatoes in thin slices, and chop peppers fine; make layers of them in a large stone pot, and sprinkle a little salt on each layer. Let them stand twenty-four hours, and then drain off the brine. Put tomatoes, onions and peppers in a preserving kettle, sprinkling on each layer the mustard seed, spice and pepper, and so on to fill the kettle. The box of mustard should be thoroughly mixed in the vinegar, and thrown into the kettle after everything else is in. Stew slowly over a moderate fire for three-quarters of an hour.

VEGETABLE GREEN FOR PICKLES, &c.

There is a process recently patented in France and England for supplying a green color, extracted from vegetables, which is to be used for coloring pickles. To procure the extract, leaves of spinach, sorrel or similar plants are scalded in hot water, chopped fine and then boiled in a solution of caustic soda till dissolved. On cooling, a green cake is deposited, which is to be dissolved with the phosphate of potassa or ammonia, and reduced to the required strength by adding water. In the liquid thus obtained, when it is heated to boiling point, ten or fifteen minutes' immersion give to the pickles a fine and permanent green. As the color consists of the chlorophyl of plants, it is quite harmless; which cannot yet be said of the salts of copper, although French experimenters have recently found them less poisonous than had hitherto been supposed.

VEGETABLES.

To serve with different Meats, &c.

WITH ROAST BEEF—Potatoes, squash, boiled rice or macaroni, pickles, or any vegetables that are in season.

WITH ROAST MUTTON—Mashed potatoes, mashed turnips, boiled onions and currant jelly.

WITH ROAST LAMB—Potatoes, green peas, turnips, string beans, corn, summer squash, mint sauce.

WITH ROAST VEAL—Mashed potatoes, spinach, parsnips, asparagus, sweet potatoes, horseradish.

WITH ROAST PORK—Potatoes, onions, squash or sweet potatoes, tomatoes, boiled rice and apple sauce.

WITH ROAST VENISON—Mashed potatoes, squash, onions, turnips and currant jelly.

WITH ROAST TURKEY—Potatoes, squash or sweet potatoes, onions, celery and cranberry sauce or jelly.

WITH ROAST CHICKEN—Potatoes, onions, squash, or any green vegetable in season, celery and currant jelly.

WITH ROAST GOOSE—Mashed potatoes, onions, squash, baked macaroni or boiled rice, apple sauce.

WITH ROAST DUCKS—Same as for goose.

WITH BIRDS OF ALL KINDS—Potatoes, squash, onions, celery, macaroni and currant jelly.

WITH BOILED MUTTON—Mashed potatoes, mashed turnips, baked macaroni, currant jelly.

WITH BOILED LAMB—Potatoes, green peas, asparagus, spinach, white turnips.

WITH BOILED CORNED BEEF—Potatoes, cabbage, parsnips, beets and turnips.

WITH BOILED FOWL—Mashed potatoes, turnips, parsnips, macaroni, currant jelly, oyster or celery sauce.

WITH BOILED TURKEY—Oyster or celery sauce, potatoes, turnips, parsnips, lettuce and cranberry sauce.

WITH BOILED VEAL—Mashed potatoes, spinach or dandelion, macaroni and cheese, horseradish.

WITH CALFS' HEAD—Potatoes, parsnips, dandelions or spinach, horseradish.

WITH BEEFSTEAK—Potatoes, squash, tomatoes, or any vegetables that are in season.

WITH LAMB OR MUTTON CHOPS—Potatoes both kinds, turnips, tomato sauce or lettuce pickles.

WITH VEAL STEAK—Potatoes both kinds, spinach or lettuce, horseradish.

WITH BAKED FISH—Mashed potatoes, squash or sweet potatoes, lettuce, cranberry sauce.

WITH BROILED OR FRIED FISH—Potatoes, turnips, squash, tomato sauce, lemon or horseradish.

MACARONI AND CHEESE.

Take half a pound of macaroni, break into pieces an inch long, and put it into a saucepan of boiling water, with a little salt. Cook it until soft, but not broken, fifteen or twenty minutes. Drain it and put a layer of it at the bottom of a deep buttered dish, then cover it with a layer of grated cheese, a few bits of butter, salt and pepper; then another layer of macaroni; then cheese and butter as before until all is used up; add a wineglass of cream or milk. Bake covered for half an hour; then remove the cover and brown nicely. Serve in the dish it is baked in.

JAPANESE METHOD OF COOKING RICE.

Pick and wash a cupful of rice; put it into a saucepan with just enough cold water to prevent the rice from burning to the bottom of the pot; cover close and let the rice steam, not boil, until it is nearly done; then remove the cover from the saucepan, and let the surplus steam and moisture escape, and, if properly done, the rice turns out a mass of snow-white kernels, each separate from the other.

SWEET MACARONI.

Break up a quarter of a pound of the best macaroni into small lengths, and boil it in two quarts of water, with a large pinch of salt in it, until perfectly tender; drain away the water; add to the macaroni in the saucepan a teacup of new milk and a quarter of a pound of sugar, and keep shaking over the fire until the milk is absorbed; add any flavoring and serve.

A NEW WAY TO COOK RICE.

The rice should be partially ground, and then cooked by steam for two or three hours, and allowed to get cold. It is then cut in thin slices, dipped in egg and cracker dust, like an oyster for frying. It is then fried brown in butter and served hot. It is less costly than fried potatoes, more palatable, and decidedly more nutritious.

SOUP MAKING.

In order to have a good soup it should be partially prepared the day before it is to be used. The meat should be well salted and put into cold water to boil; just before it comes to a boil skim it well: strict attention should be paid to this, as you can never have good soup if the scum is allowed to boil into the soup. Pepper, celery seed, or spice may be added after it is skimmed. Vegetables should never be put into soup stock; it is much better to boil the vegetables in just water enough to extract the flavor, than to boil them in the stock, for if you put the vegetables to boil in the soup, by the time the flavor is extracted from them the soup will be reduced one-half. Let the meat simmer gently on the back of the stove for four or five hours. When the juice is all extracted from

the meat, remove the soup from the fire; strain it and set it away to cool. The fat can be more easily removed after it is cool, and nothing looks more disagreeable at table than greasy soup. Soup stock should be kept in a stone jar. It will sometimes form a jelly, and in cold weather, if put in a cool place, will keep a week. Stock is very useful for gravies, sauces and stews, and for boiling many things, such as pigeons, chickens, or for meat pies.

MULLAGATAWNY SOUP.

Put into a sauce-pan, with a little butter, one or two onions, sliced, a little celery, cut fine, and part of a carrot, also cut very fine; let them fry slowly until they are of a light brown; then add a tablespoonful of flour; stir this until it is well mixed, and then add a teaspoonful of curry powder and put it into the chicken and veal broth, which should be previously prepared in the following manner: Take a knuckle of veal, put it into cold water with a little salt. Skim it well, and then add a carrot, onion, celery, parsley, and a few whole cloves; and if you have any pieces of cold chicken, or chicken broth, add that also. Let this simmer three or four hours; then strain and remove all the fat; return it to the fire half an hour before dinner, with some pieces of cold chicken, two or three tablespoonfuls of boiled rice, the juice of two lemons, and the fried onion, butter, flour, and curry powder. If preferred, the rice can be served in a separate dish.

JULIENNE SOUP.

For this soup, have two quarts of soup stock; if you wish a white soup, take white stock, if not, you can add some browned sugar, or caramel, as it is sometimes called, with any stock. Fry a sliced onion in butter over a moderate fire, but do not allow them to get very brown; add it to the soup, with two small carrots, cut fine; a turnip, some celery, (or celery extract) that have been previously boiled in a little salt and water; add the water and vegetables to the rest; also, the core of a lettuce, or any summer vegetable that can be had. Let it simmer gently for half or three-quarters of an hour.

SPLIT PEA SOUP.

Take any bones of roast meat, lay them on a clean meat board, pound and break them (a small hatchet carefully wiped clean is very good for this purpose). Put the bones and any trimmings of cold meat

into a soup kettle or a large sauce-pan, cover well with cold water, set it on the back of the stove, cover it closely. When it begins to boil, skim it well, cover it, and let it simmer slowly four hours. At the end of four hours take the soup from the fire, pour off the liquor through a strainer or colander into a shallow pan, let it become cold, then remove every particle of fat from the surface, and strain the soup through a cloth. An hour before it is wanted put it on the stove to heat. Allow, for three pints of stock, a large coffeecup full of split peas, which should be soaked if very old. Pour off those which rise to the top, put the others on the stove to boil two or three hours, until they are perfectly soft. Then rub them through a colander, and when the stock is boiling add the peas and a small piece of butter, pepper and salt. This soup is good and nourishing, besides being very economical. Excellent broth and soup can be made of bones left from roast meat of any kind, and they should be saved for the purpose.

VEGETABLE SOUP.

Cut up a large dishful of any kind of vegetables you happen to have; onions, carrots, turnips, potatoes, (boiled in other water and mashed), beans, parsnips, celery, peas, parsley, leeks, cauliflower, spinach, cabbage, etc., always having potatoes or beans for a thickening. First, put into a saucepan half a teacup of butter (clarified suet or stock fat is just as good). When it is very hot, put in first the cut up onions; stir them well to prevent from burning; when they are a nice brown, stir in a large tablespoonful of flour until it is the same color; then stir in a pint of hot water, and some pepper and salt, and add the other vegetables. Let them simmer for two hours (adding more hot water when necessary); then press them through a colander. Return them to the range in the soup kettle, and let them simmer until the moment of serving.

BEAN SOUP.

The beans used for this soup may be the ordinary kidney, the rice or field bean, or best of all, the French mock turtle soup bean. Soak a quart of these over night in lukewarm water; pour off the water in the morning and put them into a kettle with one gallon of cold water and a pound of salt pork, two or three onions, a carrot, a little red pepper and salt. Boil slowly for three hours; keep the pot well covered; cut up fine a head of celery or add a little of the

extract, if preferred. Strain through a colander or sieve, and return it to the fire. Serve with slices of lemon.

TOMATO AND BEAN SOUP.

A quart of canned tomatoes, boiled and strained, with a quart of bean soup makes a very pleasant change.

SHANK SOUP.

When you buy a shank, have the butcher cut it into several pieces, and split open the thickest part of the bone; wash it thoroughly and put it into cold water to boil; add salt; skim it as directed and boil three or four hours; set it aside to cool. The next day take off all the fat, strain it and add vegetables to suit.

TOMATO SOUP.

Boil a dozen fresh tomatoes, or a can if you cannot procure the fresh ones, until they are thoroughly cooked, then press them through a sieve; to a quart of tomato pulp add a teaspoonful of soda. Put into a sauce-pan a piece of butter the size of a walnut, and when it begins to cook stir in a dessertspoonful of flour; when this is cooked stir into it a pint of hot milk, a little red pepper, salt and a tablespoonful or two of cracker crumbs. When it boils add the tomato pulp; heat it well without boiling, and serve immediately. The soda mixed with the tomatoes prevents the milk from curdling.

FORCE MEAT BALLS.

Take any kind of meat or chicken, or both, (that used for making the soup will answer); chop it very fine; season it with pepper, salt, a little chopped thyme and parsley, or a little fried onion and parsley, or with thyme or parsley alone, a little lemon juice and grated peel; break in a raw egg, and sprinkle over some flour; roll in balls as large as a pigeon's egg. They can be fried in a little butter, cooked in boiling water, or dipped in egg and bread crumbs and fried in boiling lard.

SPLIT PEA AND BEAN SOUP.

Soak the peas or beans over night. Take three quarts water, one quart peas or beans, one pound bacon, one of mutton, two carrots, two onions, two heads celery, one turnip, three or four cloves, pepper, parsley, grated lemon peel, and basil. Boil five hours. Strain all through but the meat.

PREPARED SPICE FOR SOUP.

Two ounces each of parsley, winter savory, sweet marjoram, lemon and thyme; one ounce of lemon peel dried and grated; one of sweet basil; mix together and bottle.

FISH AS FOOD.

There is much nourishment in fish, little less than in meat, weight for weight, and in effect it may be more nourishing, considering how, from its softer fibre, fish is more easily digested. Moreover, there is in fish a substance which does not exist in the flesh of land animals, namely, iodine, a substance which may have a beneficial effect on the health, and tend to prevent the production of scrofulous or tubercular disease, the latter in the form of pulmonary consumption, one of the most cruel and fatal with which civilized society is afflicted. Comparative trials have proved that in most fish the proportion of solid matter—that is, the matter that remains after perfect digestion, or the expulsion of the aqueous part—is little inferior to that of the several kinds of meat, game or poultry. If we give attention to classes of people—classes as to the quality of food they principally subsist on—we find the class who subsist mostly on fish are especially strong, healthy and prolific. In no class, except that of fishers, do we see larger families, handsomer women, more robust and active men, or a greater exemption from the maladies just alluded to.

COOKING FISH IN CLAY.

Fish cooked in clay are said to be very delicious. The way to do it is as follows: After preparing, cover the fish with clay two inches thick, and throw it into a hot fire. The clay hardens almost instantly, and the fish in its tough oven bakes through and through, retaining all its juices. The clay is then poked out of the fire, cooled with a dash of water, and a sharp stroke with a stick separates it from the fish. The fish's skin peels off with the clay, and the dish is ready. A little experience will enable one to cook a fish perfectly in this way. The clay is a good absorbent of the strong odors of the fish, and takes away all but the sweetest and best flavors.

FISH CHOWDER—VERY RICH.

Four tablespoonfuls of onions fried with pork, one quart of boiled potatoes mashed, one and a half pounds of ship biscuits

broken, one teaspoonful of thyme, one half bottle of tomato catsup, one bottle of port or claret, half a nutmeg grated, a few cloves, mace, allspice, and slices of lemon, and some black pepper, six pounds of blue or white fish skinned and cut in slices, twenty-five oysters. First fry the pork, then put in the onions, and fry them a nice brown; remove the kettle from the fire, skim out the bits of pork and onion, then put a layer of fish in the bottom of the kettle, salt, pepper and spices, then a layer of potato, oyster, and biscuit, with some of the wine and catsup; then another layer of fish and so on, having a layer of biscuit at the top; cover the whole with cold water, and let it boil fifteen or twenty minutes, or until the fish is done. Butter and milk may be used in place of the wine if preferred; they should be put into the tureen and the chowder poured over it.

SALMON TROUT—BAKED.

Clean the fish, wash and wipe dry, have a dressing made as for blue fish, stuff the fish and sew it up neatly, put it into a baking pan, with just enough water to keep it from scorching; bake slowly, basting often with butter and water. It will cook in an hour, if a small one; an hour and a half if a large one. Have a cup of cream, diluted with a few spoonfuls of hot water, put it into a sauce-pan, with two tablespoonfuls of melted butter and a little chopped parsley; set the sauce-pan in a kettle of hot water, add the gravy from the dripping-pan, boil up once to thicken, and pour around the dish in which the trout has been placed; garnish the dish with parsley.

SALMON TROUT—BOILED.

The most delicious way of cooking these fish, is to bake as above; but for the sake of variety, they can be boiled and eaten with cream or oyster sauce. Clean, wash and dry the fish, put in the dressing as above, and sew up neatly; wrap the fish in a cloth, and put it in a fish kettle, cover with cold water well salted, and boil slowly for half an hour or longer, according to size. When done, take off the cloth and lay in a hot dish; pour around it a cream sauce, or any other that may be preferred.

BROOK TROUT—FRIED.

Fry some slices of salt pork until they are quite brown, and the fat is all tried out of it; then put in the fish, having cleaned,

washed, dried, and rolled them in meal; fry quickly to a delicate brown, and take up as soon as they are done; lay them on a clean towel for a second, to absorb the grease; then lay them on a hot dish and send to table. Garnish the dish with slices of lemon and parsley.

WHITE FISH—BAKED.

After the fish is cleaned, cut out the backbone to within two inches of the tail; make a dressing of stale bread that has been soaked in water, melt an ounce of butter, chop into it a small onion, and add the bread, with salt, pepper, and a little nutmeg; moisten with milk or broth, and breaking in the yolk of an egg; put the mixture on the fire, having added a teaspoonful of chopped parsley; fill the fish with this, and sew it up; put it in a baking pan, with salt, pepper, butter and crumbs over the top, and a little cold water in the pan. Make a gravy of the drippings, and serve with it.

FRESH HALIBUT FISH BALLS.

To two pounds of boiled halibut, add double the quantity of hot mashed potatoes. The fish must be picked in small pieces; add butter the size of an egg, a teaspoonful of powdered sugar, salt and two eggs; mix them well and make into round flat balls; when the weather is cold they can stand over night, but in the summer they must be made in the morning. Have a kettle of boiling hot lard, put in a few at a time and boil them until they are a nice light brown. If the lard is not boiling they will soak the fat, and if too hot they will come out black instead of brown. If the fish, potatoes, etc., seem too dry when you mix it, add a very little milk.

SHAD ROE WITH SCALLOPS.

Fry the roe with salt pork, cut in dice one-quarter of an inch square; prepare a neat bed of mashed potatoes and set it to brown before the fire, or in the oven; as soon as the roe is browned, lay it upon the potatoes, keeping it warm; then place one pint of scallops in the pan with the pork and fry them until tender, but only slightly brown; arrange the scallops and pork around the roe upon the mashed potatoes, and serve very hot.

CODFISH BALLS.

Take six good-sized potatoes, boil, pare and cut in two; one pint bowl of codfish, picked fine; put all into a kettle and boil until

done ; drain and mash fine ; beat two eggs thoroughly and add to the fish and potato, and a piece of butter the size of an egg. Make into balls and fry in hot lard.

POTTED MACKEREL.

Have them cleaned, the heads taken off and the back bone out, and the fish cut in four pieces ; wash well, lay in a stone jar (uncorked) enough pieces to cover the bottom ; sprinkle over a little salt, a few whole pepper-corns, whole cloves and whole allspice, a blade of mace and one small stick of cinnamon, then another layer of fish, etc., until you have used up the fish. Cover with cold vinegar, cover tightly and set in the cool part of the range, where it will get gradually hot. Let it stand twenty-four hours. It must not come near boiling.

SPICED FISH.

These are an excellent tea relish, and are prepared by being first boiled in salted water, and covered with vinegar immediately after they are taken from the pot. A few stalks of mint or whole allspice and pepper should be dropped into the vinegar.

DEVILLED CRABS.

Take a dozen large-sized crabs, the larger the better, pick all the meat carefully out of the shells and claws into a bowl ; add half a pound of grated bread crumbs, a piece of butter the size of an egg, melted ; season with salt and cayenne pepper to taste, stir well together, scrub the outside shells until perfectly clean, then stuff tightly with the above mixture, putting a small piece of butter on the top of each ; bake in a good oven about half an hour.

LOBSTER BISQUE.

Boil six pounds of lobster ; take out and chop fine ; braid a tablespoonful of butter and flour together ; a little mace and pepper, one egg well beaten, and a quart of milk ; let boil, then stir in the lobster and serve immediately. The same amount of lobster prepared as above and put in scallop dishes, with bread crumbs on top and pieces of butter, and baked in large pans sufficient to brown the top, is a very delicate dish.

STEWED LOBSTER.

Extract the meat from a boiled lobster, cut it up in small pieces

and put it into a stew-pan, with just water enough to keep it from burning and to make the gravy; let it simmer for five minutes; add one tablespoonful of good butter, a little salt and pepper; heat to boiling; pour it into a vegetable dish and serve hot.

POTTED LOBSTER.

Chop the lobster very fine with the coral and fat; put it over a hot fire and mix with it a tablespoonful of butter, the same of boiled vinegar, a teaspoonful of red pepper, a teaspoonful of salt and one nutmeg; stir this well and let it stand for half an hour; then add a cupful of sherry wine. This will keep for a month.

LOBSTER CROQUILTS.

Chop the meat of a boiled lobster very fine, season with pepper and salt, add bread crumbs and fry brown in sweet butter. Croquills may be made thus of any sort of fish, poultry, or veal.

FROGS.

Frogs can be cooked in two ways—fried, or made into a broth. The hind legs only are used. Made into a broth the same as a chicken broth, they are considered quite a delicacy for an invalid, or a person suffering from pulmonary affections.

FROGS—FRIED.

Put them into boiling water, with a little lemon juice and salt, and boil them three minutes; wipe them; dip them first in cracker dust, then in eggs, (half a cupful of milk mixed with two eggs and seasoned with pepper and salt,) then again in cracker crumbs. When they are all prepared in this way, clean off the end of the bone of each one, and cover it with a piece of paper after it has been cooked. The best way to fry them is to put them in a wire basket and dip it into boiling lard. Place on a hot dish and serve immediately.

OYSTERS—DELMONICO STEW.

Take one quart of liquid oysters, put the liquor (a teacupful for three) in a stew-pan, and add half as much more water; a little salt and pepper, a teaspoonful of butter for each person, and a teaspoonful of pounded cracker for each. Put this on to the fire and let it boil; have your oysters ready in a bowl; the moment the liquor begins to boil pour in the oysters; watch carefully and re-

move them from the fire half a minute after they begin to boil. Have your tureen ready with one and a half tablespoonfuls of cold milk for each person; pour the stew on this milk and serve immediately. Never boil an oyster in milk if you wish it to be good.

OYSTERS—SCALLOPED.

Have plenty of fine pounded cracker crumbs—either soda or butter crackers—put a layer in the bottom of a buttered pudding-dish, wet slightly with oyster liquor and milk mixed; next a layer of oysters; season with salt, pepper, and small bits of butter, then more crumbs and oysters alternately until the dish is full. Let the top layer be crumbs. Beat an egg and mix it with a little milk to pour over the top, place little lumps of butter all over the top; cover the dish, and bake half an hour. Remove the cover a few minutes before taking from the oven, to let brown.

SCALLOPED OYSTERS.

For a quart of oysters allow a pound of crackers, half a pint of milk, a quarter of a pound of butter, one lemon, pepper and salt to taste. Pound the cracker; put a layer of oysters at the bottom of a deep dish, then a layer of cracker, with butter, salt, pepper and small chips of the lemon; then oysters again, and so on until all are in the dish. Pour the milk over the whole and bake forty minutes.

OYSTERS—TO BROIL.

Choose large, fat oysters, wipe them very dry; sprinkle with salt and pepper, and dredge with flour. Have a small gridiron sold for that purpose, butter it well, and have a quick fire. Broil quickly and dish hot, putting a piece of butter as large as a pea upon each oyster.

ANOTHER WAY.

Have the gridiron well greased; dip each oyster into melted butter and place them on the gridiron. A brisk fire is necessary, and they must be constantly basted with butter. When done serve on very hot toast and dishes.

OYSTER PIE.

Line a buttered pudding-dish with rich crust or puff paste, about the ordinary thickness; then fill it with crusts of bread or light crackers; butter well the edges of your dish; cover this mock pie

with a crust twice as thick as for fruit pie; butter the edge of the dish that you may be able to lift the upper crust without breaking. Stew the oysters: beat into them at the last two eggs and thicken with a tablespoonful of cracker crumbs; stew only five minutes, and have them and the pie done at the same time; lift up the top crust, pour in the hot oysters, and serve very hot. It will, of course, be necessary to remove the mock filling before putting in the oysters.

OYSTER PATTIES.

Line small tins or patty-pans with puff paste. Warm up the oysters in a sauce-pan, with butter, salt and pepper, and two or three spoonfuls of cream if you have it. Put three or four oysters in each, and cover with puff paste; bake in a quick oven twenty minutes. For opening patties, cut the paste into round cakes about half an inch thick; use these for the bottom; with a smaller cutter remove the centre from three or four others; lay these upon the bottom crust, as for tarts, using the white of an egg between each, also on the top, when you have put on enough to make a cavity deep enough to hold the oysters. When they are all made place them in the oven, also some of the rounds that have been cut from the centres—these are to be used as covers; bake in a quick oven. Fill with the following mixture: add as much milk as you have liquor in a quart of solid oysters; let it come to a boil; braid a tablespoonful of butter and two of flour, stir into the liquor with a little salt and pepper; heat to boiling, then add the oysters; boil a few minutes, stirring all the time until it thickens. Fill the patties with this; put on the covers and serve.

OYSTER TOAST.

Scald a quart of oysters in their own liquor; take them out and pound them in a mortar; when they form a paste add a little cream, and season with pepper and salt. Have ready some nice pieces of toast, spread the oyster paste upon them and place for a few moments in a hot oven.

OYSTERS—SPICED OR PICKLED.

Two hundred oysters, a pint of white wine vinegar, a nutmeg grated, eight blades of whole mace, three dozen whole cloves, a teaspoonful of salt, two teaspoonfuls of whole allspice, and a pinch of Cayenne pepper. Put the oysters with their liquor into a porce-

MEMORANDA.

MEMORANDA.

lain kettle; heat slowly until all the oysters are very hot but not boiling; skim them out and set aside to cool. To the liquor remaining in the kettle add the vinegar and spices; boil up, and when the oysters are nearly cool pour over the liquor scalding hot. Cover the jar tightly and put away in a cool place. Scald the liquor the next day, and pour over the oysters; they can then be put into small glass preserve jars, and if sealed tightly will keep several weeks. Open a jar when needed for use; they will turn dark if not used very soon after they are opened.

CURRIED LOBSTER.

Take all the meat from the shell; chop it, but not too fine; put it into a sauce-pan with a little salt, pepper, butter, half a teaspoonful of Indian curry, and a teaspoonful of flour mixed with a little cold water; add half a cup of cold water, and let it stew about ten minutes.

POULTRY, GAME, &c.

HOW TO BUY POULTRY.

We all know when poultry comes on the table whether it is tender or tough; but few persons can tell when they wish to buy whether a chicken, turkey, goose or duck, is young or old. The following are given as rules by which poultry can be safely judged.

If a hen's spur is hard and the scales on her legs rough, she is old whether you see her head or not; but the head will corroborate your observation. If the under bill is so stiff that you cannot bend it down, and the comb thick and rough leave her, no matter how fat and plump, for some one less particular. A young hen has only the rudiments of spurs; the scales on the legs are smooth, glossy and flesh colored, whatever the color may be; the claw tender and short; the nails sharp; the under bill soft; and the comb thin and smooth.

An old hen turkey has rough scales on the legs, callosities on the soles of the feet, and long strong claws. A young one has the reverse of all these marks. When the feathers are on, the old

turkey cock has a long tuft or beard ; a young one but a sprouting one. And when they are off, the smooth scales on the legs decide the point, besides the difference in size of the wattles of the neck and in the elastic shoot upon the nose.

An old goose, when alive is known by the rough legs, the strength of the wings, particularly at the pinions, the thickness and strength of the bill, and the fineness of the feathers ; and when plucked, by the legs, the tenderness of the skin under the wings, by the pinions and the bill, and the coarseness of the skin.

Ducks are distinguished by the same means, but there is this difference, that a duckling's bill is much longer in proportion to the breadth of its head than an old duck. A young pigeon is discovered by its pale colors, smooth scales, tender collapsed feet and the yellow long down interspersed among its feathers. A pigeon that can fly has always red colored legs and no down ; and is then too old for use.

TO BONE A TURKEY.

After a fowl is drawn, take a very sharp knife and carefully separate the flesh from the bones, beginning at the wings, and being very careful not to break the skin ; scrape the flesh clear from the bones, going from the wings to the breast, then the thighs, then the legs ; when all the bones are loosened, take hold of the turkey tightly by the neck and give it a pull, when the bones will come out ; but this requires the greatest patience and care to do nicely, and it is far better and cheaper to send it to a professional cook to do it for you. There are steel instruments for boning turkeys.

TO KEEP POULTRY OR GAME FROM TAINING.

Draw out the entrails ; rinse with soda and water ; then with pure water, wipe dry, and rub them lightly with a mixture of salt and pepper. If you wish to keep them some time, do not wet them, but after they are drawn shake black pepper inside, after having wiped them with a dry cloth. Or put a piece of charcoal into each fowl and hang them in a cool dark place, with a towel or cloth around them. The charcoal is an admirable preventive of decomposition.

TO STEW CHICKENS WHOLE.

Take a large tender chicken, and clean as for roasting; wash it thoroughly in several waters, and wipe it dry with a clean towel; then season, inside and outside, with salt and pepper; have ready as many oysters as the chicken will hold, which take out of their liquor, and after removing all the little particles of shell that may adhere, put them into a colander and let them drain; then season the oysters with salt and pepper, and fill the chicken with as many as it will hold. After skewering it tight, put it into a tin pail with a closely fitting top, put the pail into a pot of boiling water, and let it boil until the chicken is tender. When the chicken is done, remove it to a hot dish, covering immediately, and set it where it will keep hot. Turn the gravy from the pail into a sauce-pan; add one tablespoonful of butter, the yolks of three hard boiled eggs chopped fine, three tablespoonfuls of cream, a little minced parsley, and a tablespoonful of corn starch made smooth in a little cold milk. Boil up once, pour over the chicken and serve very hot.

BARBACUED CHICKENS.

After the chickens have been drawn and well washed, split them open on the back and flatten them with a cleaver, lay them in a dripping-pan with the inside of the chicken next to the pan, and baste the chicken occasionally with it; they will take about three-quarters of an hour; when done make a rich brown gravy with the giblets, and a little butter and browned flour, pour it over them hot, and serve.

CHICKEN PIE.

Cut up a large chicken; parboil it. Place a crust in the bottom of a well buttered pudding-dish* and around the sides; then put in a layer of chicken, with some bits of salt pork, pepper and salt; chop up two or three hard boiled eggs, and sprinkle some over the top of the chicken; then another layer of chicken, pork and egg, until it is all used up. Make a gravy with some of the water in which the chicken was boiled, a tablespoonful of flour and some bits of butter; cover the chicken with this and put a crust over the pie. Bake an hour.

CHICKEN SALAD.

Parboil chicken or fowl until they are tender; have only water enough to cover them. When tender remove them from the fire, take them out and cut up the chickens, and the skin, if very thick, should be taken off. Have ready a deep dish; put in the pieces of chicken with the hearts and liver, in layers, with salt, pepper, a little thyme or summer savory, and a few bits of butter; make a gravy with the liquor in which they were boiled, and thicken it with flour; pour over the pie, and cover the dish with a suet crust.

SUET CRUST FOR CHICKEN PIE.

To a large pint of flour put two teaspoonfuls of Lewis' Condensed Baking Powder, a little salt, a small cupful of chopped suet, and sweet milk enough to make into a dough; roll it out the size of your pie dish, cut two or three slits in it if you have not a cup in the pie; if you have a cup cut a round the size of the cup, so as to remove the cup before sending to the table.

CHICKEN POT PIE.

Having prepared your chickens or fowl, cut them up; put into the bottom of the pot some pieces of salt pork; then the chicken, and some salt, pepper and some more bits of salt pork; cover with cold water and boil two hours, or until tender. If you wish potatoes in it, slice them and put them in just long enough to cook them. Cover with a crust made as for a baked pie, and cut a slit or two in it, and cook only fifteen or twenty minutes. It can be steamed if preferred, the same as for dumplings.

DRESSED CHICKEN.

Dress the usual way for stewing, scarcely covering with water; boil very tender, until the meat falls from the bones; pick off the meat and chop it; season with salt, pepper and some bits of butter. Put into a dish or mould some slices of hard boiled egg, then a layer of chopped chicken, then more slices of egg, and layers of chicken until the dish is nearly full. Boil down the gravy until there is no more than half or two-thirds of a cupful, pour it over the chicken; it will sink through forming a jelly around it. When perfectly cold cut in slices. If there is any fear about the jelly not being stiff enough, a little gelatine may be soaked and added to the stock or gravy.

CURRIED CHICKEN.

Cut the chicken into pieces, season with pepper and salt ; fry them in butter ; cut an onion into slices, which fry in butter until quite brown ; add a teacup of stock freed from fat, an even teaspoonful of sugar, and a tablespoonful of curry powder mixed with a little flour ; rub the curry powder and flour smooth with a little stock before adding it to the sauce-pan ; put in the pieces of chicken and let them boil two or three minutes ; add then the juice of half a lemon. Serve this in the centre of a bed of boiled rice.

STUFFING FOR TURKEY, CHICKEN, &c.

Soak half a pound of bread crumbs in milk or water enough to moisten it. Put three ounces of butter into a stew-pan, and when hot stir in a small onion chopped fine ; brown a little, then add the bread, with three tablespoonfuls of parsley chopped fine, half a teaspoonful of powdered thyme, a little grated nutmeg, pepper, salt and a gill of stock. Stir it over the fire a few minutes, then add two eggs.

ANOTHER.

For a turkey or pair of chickens, take a cupful of bread crumbs, wet with milk ; a tablespoonful of chopped suet, salt, pepper, a teaspoonful of thyme, and a little nutmeg grated, one egg. It must be quite stiff.

RABBIT PIE.

Cut a pair of rabbits, soak in salt and water half an hour, then stew until half done in water enough to cover them. Cut a quarter of a pound of fat pork into strips, and boil four eggs hard ; lay some bits of pork in the bottom of a deep dish, and upon these a layer of rabbit, some slices of boiled egg, salt, pepper, butter, a little powdered mace and a few drops of lemon juice ; proceed in this order until it is all used up. Pour in the liquor in which the rabbits were boiled, thickened with a little flour. Cover with puff paste, cut a slit in the middle, and bake one hour. Lay a paper over the top, or a tin plate, should it brown too fast.

SQUIRRELS.

Skin, clean and quarter a pair of fine young squirrels, and soak in salt and water to draw out the blood ; slice an onion and fry brown in a tablespoonful of butter ; stir into the frying-pan five

tablespoonfuls of boiling water, and thicken with a tablespoonful of browned flour. Put the squirrels into a sauce-pan with some salt pork cut in small pieces, season with salt and pepper; add the onions and the gravy and a cupful of hot water. Cover and stew until tender, adding more water if needed. When nearly done add a glass of wine and half a lemon, shake around well and turn into a deep covered dish. They are very nice broiled or made into a pot-pie like rabbits.

SNIPES AND WOODCOCK.

Clean and truss but do not stuff. They may be either roasted or broiled. Use plenty of butter, and lay each bird upon a slice of toast well buttered. They require from fifteen to twenty minutes to roast.

ECONOMICAL DISHES FOR BREAKFAST OR LUNCH.

LEAN BEEF STEW.

When you have a bit of lean beef that is too tough to roast, broil or fry, be glad, for you have the making of a savory dish. Cut in small bits, rejecting gristle, and stew slowly in plenty of water in a covered sauce-pan for two hours; skim off the fat, and calculate to have as many halves of small potatoes as you will require, just cooked through as the beef is done. At dishing up, give a shake of pepper and salt, and the water should be wasted away to a gravy without the least burning. In making so plain a dish for people who imagine there is no richness in gravy that is not brown, it may be necessary to stir in the seasoning with an iron spoon that has had a pinch of sugar burned in it.

FORI DE VEAU.

Soak a calf's liver in cold water till it turns blue, then in salt and water for two hours, after which remove three or four layers of skin; be careful in doing so not to draw blood; lard it with salt pork, fine and near together; in each hole made for larding, put one allspice and one clove; sift a little flour over it, and put it

in a dripping-pan with half a pint of water, and a piece of butter the size of an egg on top; bake for an hour and a half, and baste often. This is a nice dish for lunch.

COLD TONGUE ON TOAST.

Take cold smoked tongue or ham, mince or grate fine, mix it with the beaten yolks of egg and cream or milk, with a little Cayenne pepper; prepare thin small square pieces of buttered toast, place on a heated platter, putting a spoonful of the meat on each piece; cover with dish cover, and send to table hot. For breakfast or lunch.

DELMONICO HASH.

Take cold roast lamb or mutton, chop very fine, and add water enough to make it quite thin; warm in a frying-pan; add butter, salt and pepper to taste; have ready hot toast, which has been well buttered, and dipped into cream or rich milk; spread the hash over the toast, and serve immediately.

BAKED HAM.

Boil the ham till nearly done; remove the skin, and cover with a layer of grated bread crumbs, seasoned with sugar and a very little pepper, and bake an hour in an oven hot enough to brown the crumbs. The ham should be raised from the pan in which it is baked, that it may not taste as if fried in the fat which may exude from it.

COLLARED PORK.

A leg of fresh pork, have the bone taken out, two tablespoonfuls of powdered sage, two of sweet marjoram, one of sweet basil, one-quarter ounce mace powdered, one-half ounce cloves, two nutmegs, one bunch potherbs, chopped fine; one loaf stale bread, grated fine; one-half pound of butter, two eggs, one tablespoonful salt, black pepper to taste; mix all with the grated bread and egg; stuff the leg, where the bone has been taken out with this, tie up tightly and in good shape, and skewer well; put in a dripping-pan with water, after rubbing the meat on both sides with salt; bake two or three hours, basting well.

IMITATION CRAB.

This makes a very nice relish for eating with bread and butter either for breakfast or luncheon. The white meat of a boiled or

roasted fowl must be minced very fine with the liver, so as to make about six tablespoonfuls in all. To this, put two tablespoonfuls of pounded cheese, two moderate sized onions, four or five green chilies (or, if these cannot be procured, some red pepper), chopped very small. Mix all these thoroughly together, and afterwards add one spoonful of anchovy, and one of mustard, two of mushroom catsup, black pepper and salt, and three spoonfuls of sweet oil. Mix the whole together.

MEAT SCALLOPS.

Take small scallop-shells, or small tin patty-pans, and line them with mashed potato; mince any kind of cold meat, and mix with it a little bread crumbs and minced boiled onion, seasoning to taste, and moistening with a little cold gravy; put a layer of this over the mashed potato in the shells, placing a layer of mashed potato on the top, smoothing nicely, and pressing at the edges in scallops; lay a thin bit of butter in the centre and brown in a hot oven. Allow one shell or pan to each person.

MINCED MEAT ON TOAST.

Every housekeeper has occasionally pieces of beefsteak, cold roast beef, or other meat too good to throw away, and still difficult to serve up as a palatable dish. An excellent meal can be prepared by chopping the meat fine, place in a spider with a little hot water; add a bit of butter about half the size of an egg; dredge in a little flour to thicken the gravy, and salt and pepper to taste; heat it thoroughly, but not too long, as it hardens the meat. Toast a couple of slices of bread, place on a platter, pour the meat, etc. over it.

TO FRY APPLES AND PORK CHOPS.

Season them with salt and pepper and a little powdered sage or sweet marjoram; dip them into beaten egg and then into bread crumbs; fry about twenty minutes, or until they are done; put them on a hot dish; pour off a part of the gravy into another dish, to make a gravy to serve with them, if you choose. Then fry apples, which you have sliced about two-thirds of an inch thick, cutting them around the apple, so that the core is in the centre of each piece. When they are browned on one side, and partly cooked, turn them carefully with a pancake turner, and let them finish cooking; dish them around the chops or on a separate dish.

SWEETBREADS—FRIED.

Wash very carefully and dry well; cut in slices and fry in plenty of butter and lard mixed; turn them frequently, until they are a fine brown; use no bread or cracker crumbs, as that absorbs too much grease.

SWEETBREADS—BAKED.

Parboil; then let them soak in cold water for fifteen or twenty minutes; wipe them dry, place them in a dripping-pan with plenty of butter; baste them often with the melted butter until they are done.

SWEETBREADS—BROILED.

Parboil; then cut them into pieces about half an inch thick; dry them well; rub on plenty of butter and broil on a gridiron; turn them often, until they are well cooked; spread on a little butter every time they are turned, to prevent them getting too dry. Chalk the gridiron to prevent it from sticking.

LAMB CHOPS A LA VILLEROI.

Remove the spine; flatten and pare nicely eight large fat-covered lamb chops, season with salt and pepper and put into a spider with four ounces of melted butter; fry slightly brown on both sides; drain and press between two tin sheets with a weight on top; immerse in a lukewarm and pretty consistent bechamel or Allemande sauce, arrange on a dish and cool thoroughly; then roll in pulverized crackers, dip in beaten eggs and roll again in fresh crumbs; smooth nicely and fry of a nice color; dish up in a circle, fill the centre with fried parsley, put small paper ruffles on the rib bones, and serve.

APPLE PORK.

Have the bone taken from a leg of pork and the skin scored in diamonds; fill up the place which the bone has left with juicy apples, pared, cored, and cut small, a little brown sugar and some grated rind of lemon; place in a large baking-pan, and around it whole apples, pared and cored, with brown sugar sprinkled over them, and the grated rind and juice of a lemon. Bake three hours, or according to the size of the joint; put about half a teacupful of water in the pan.

FRIZZLED DRY BEEF.

Take one pound of beef, put into a stew-pan with one quart of cold water; let it come to a boil; then pour off the water, place the pan on the stove, break in four eggs, keep constantly stirring; add one teaspoonful of butter, a little pepper, and very little water; or omit the eggs, and add flour instead to thicken the gravy.

ANOTHER WAY.

Slice your beef very thin and place on the fire in a frying-pan; take four eggs and half a cupful of milk, beat together, and pour this over the beef; stir it, and when it comes to boil, take it off and serve.

ANOTHER.

Have the dried beef cut very thin; place in a pan and cover well with tepid water; let it come gradually to the boiling point, and then pour the water off; if freshened sufficiently, sprinkle a dust of black pepper over it, adding a lump of butter, which let melt and boil for one minute; also, freshen the beef and proceed as before, adding beaten eggs, as many as the quantity of beef may demand; or you may add cream, or, if you have not cream, milk thickened with a little butter and flour, worked well together; it may be served on thin toast which has been dipped in boiling water, with a little salt added to it.

TO CURE BEEF FOR DRYING.

This receipt keeps the meat moist, so that it has none of that toughness dried beef mostly has when a little old. To every twenty-eight or thirty pounds allow one tablespoonful of saltpetre, one quart of fine salt, mixed with molasses, until the color is about that of brown sugar; rub the pieces of meat with the mixture, and when done, let all stick to it that will. Pack in a deep narrow vessel, as a keg or half barrel, that the pickle may cover the meat, and let it remain forty-eight hours; at the end of that time, enough pickle will be formed to nearly cover it. Take it out and hang it in a suitable place for drying. Allow all the mixture to adhere to the meat that will.

HOW TO COOK CORNED BEEF.

The *Boston Journal of Chemistry* says: "Don't boil it, for corned beef should never be boiled; it should only simmer, being

placed on a part of the range or stove where this process may go on uninterruptedly from four to six hours, according to the size of the piece. If it is to be served, let the meat remain in the liquor until cold. Tough meat can be made tender by letting it remain in the liquor until the next day, and bringing it to the boiling point before serving."

WELSH RAREBIT.

Half a pound crumbly good cheese, one ounce of butter, one gill milk or ale—ale is best; cut cheese up fine, and put in a frying-pan or brazier, with the butter and ale, and keep stirring until the cheese is completely melted; add while stirring, half a teaspoonful dry mustard, a few drops of Worcestershire sauce, and a little Cayenne pepper. Have a hot plate with rather thick slice toast, softened with milk, ready to pour the rarebit over it. For a golden brick, poach two eggs and place on top.

A WELSH RAREBIT FOR FOUR.

A pound of soft American cheese cut in small pieces, stir in a sauce-pan over a strong fire or alcohol lamp; add a lump of butter and a dash of pepper, the cheese to be stirred until entirely free from lumps, and in a liquid state. Then serve hot on dry toast.

HOW TO COOK EGGS.

Some one has said that there is as much nourishment in an egg as in a pound of beef. This is too enthusiastic an assertion as far as the egg is concerned, and does hardly justice to the beef. At the same time, the egg, which is so indispensable to the kitchen, reconciling, amalgamating and putting its life and soul into thankless ingredients, which afterwards ignore its actual existence, or acknowledge it with a growl—"too much egg"—has scant justice done to its own independent individuality as an attractive article of diet. Boiled eggs, poached eggs, and fried eggs, have their large and admiring constituency, but omelets are apt to be leathery and cooks too thick-wristed to acquire the deft handling which an omelet requires in cooking, if they have the gay wisdom and imagination to season, flavor and produce new and pleasing varieties. Every cook-book gives valuable receipts for omelets. It is only necessary here to say something of the method of composition, which is after all the chief thing. And while eggs are so abundant and cheap, there can be no better time for experiments, for omelets,

like other valuable works, are only the result of experience and practice.

The first consideration is that the egg should be beaten very light and separately, the whites stirred in only just before cooking—this, notwithstanding it is the custom of most cooks to make one matter of the egg beating. The pan should be moderately hot; if too hot, while there is difficulty in preventing the burning of the outside, the inside will be left half raw and accordingly disagreeable. If possible, after the omelet is on the fire, it should not be touched by a knife or spoon. In fact, it is worth while going in training to acquire the art of turning the omelet by a species of coaxing, such as is practiced by professed cooks. This is done by taking the handle of the pan and gently, though abruptly, jerking it so that the omelet will raise itself gradually, and finally make the required flop. When done, it should be turned over on a folded napkin and doubled.

So much for the omelet proper, which is capable of taking on a new color every day. To make oyster omelet, cut off the gristly parts, mince the rest fine, and stir in the mixture, or spread on the outside before folding. Cold cauliflower, minced, the tops of asparagus cooked and cut fine, both make nice omelets. Cooked tomatoes stirred in the mixture make a handsome as well as palatable dish. For an omelet *aux fine herbes*, stir in two spoonfuls of chopped thyme, parsley and sweet marjoram. For a course at breakfast, jelly and jam spread on the omelet before folding, is an agreeable variety. These are hints sufficient as to the possibilities of the omelet, but be it remembered that all are vain unless the dish be served up hot.

CURRIED EGGS.

Take six eggs, boil hard; into a lined sauce-pan, put three ounces of butter, or three tablespoonfuls of butter, and three dessertspoonfuls of curry powder; slice two boiled onions, finely minced; cook until soft, when slice into the mixture the eggs, with a teacup of cream, and let it simmer, not boil.

BUTTERED EGGS.

Beat well four fresh eggs, and with two ounces, or two tablespoonfuls of butter melted in a water bath, pour into a lined sauce-pan, stirring, that they may perfectly assimilate. Spread on buttered toast. Serve hot.

BREADED EGGS.

Boil the eggs hard, slice them when cold, and dip each slice in raw egg, and afterwards in fine bread crumbs; fry them in butter and serve hot, but freed from grease.

DEVILLED EGGS.

Boil hard and let them lie in cold water until cold; take off the shell and cut half in two; take out the yellow and make into a paste, with melted butter seasoned with Cayenne pepper, a little mustard and vinegar. Serve on a bed of cresses, lettuce, or chiccory two inches deep, previously prepared with a plain dressing.

DROPPED EGGS.

Have ready the sauce-pan, half filled with salted water, boiling hot; break each egg into a cup and slip it carefully into the hot water, so as not to break the yolk; while the egg is boiling, throw the water over the yolk with a spoon; when the white looks firm, take it out with a perforated skimmer; trim neatly and place on a piece of buttered toast and send to table hot. An egg poacher is very nice to have; it consists of little cups formed like a shell. Each egg is broken into one of these cups; the cups are then placed on the stand and the stand is then dipped into salted water; let them simmer gently for a few minutes. When done each cup is taken from the stand and the egg carefully tipped over a piece of buttered toast, leaving the egg with the pretty form of the cup on top.

SCALLOPED EGGS.

Mince any kind of cold meat, season with pepper and salt, adding a few bread crumbs; cover the bottom of preserve saucers with it, putting in each a small piece of butter; break a fresh egg on top, set on a slide in a hot oven; when the egg begins to cook sprinkle a little cracker, rolled very fine, on it, with a dust of salt and pepper; send to the table hot. These are nice for breakfast or lunch. I have given in this and in the first part of my Cook Book, ten or twelve different ways of cooking eggs. There are, doubtless, many other ways. Eggs contain a large amount of phosphorus, which is necessary to all who use their brains. The vegetarians of England use eggs freely, live to be very old men, and are remarkably free from illness.

SAUCES.

MAITRE D'HOTEL SAUCE.

INGREDIENTS—One slice of minced ham, a few poultry trimmings, one clove of garlic, one bay leaf, three gills of water, two ounces of butter, (or two tablespoonfuls,) one dessertspoonful of flour, one heaped tablespoonful of chopped parsley, salt, pepper and Cayenne to taste, the juice of half a lemon, a teaspoonful of sugar. Put at the bottom of a sauce-pan the ham and poultry trimmings, which may be substituted by veal, with the shalots, garlic and bay leaf; pour in the water and let the whole simmer gently for an hour, or until the liquor is reduced to a half a pint; then strain the gravy, make a thickening of the butter and flour by rubbing them together, and stir into the gravy over a nice, clear fire, until it is perfectly smooth and rather thick, care being taken that the butter does not float on the surface; skim well, add the remaining ingredients, let the sauce gradually heat, but do not allow it to boil. This sauce can be used for rewarming cod, calf's head, etc., as well as sweetbreads. All kinds of gravies and sauces may be kept warm without spoiling their qualities in a bainmaric, which is one sauce-pan, or pot, filled with hot water, into which another can be placed to keep warm.

CHAMPAGNE SAUCE.

Two ounces, or two tablespoonfuls, of butter, braided with one tablespoonful of browned flour, a teacup of soup stock; mix all together, set over the fire, stir constantly until it comes to a boil; add salt, pepper and stir in half a cup of champagne when done.

MAYONNAISE SAUCE.

Put the uncooked yolk of an egg into a cold bowl; beat it well; then add two saltspoonfuls of salt and one of mustard powder; work them well together before adding the oil; then mix in a little good oil, which must be poured in slowly (a few drops at a time) at first, alternated with a few drops of vinegar occasionally. In proportion as the oil is used, the sauce should gain consistency. When it begins to have the appearance of jelly, alternate a few drops of lemon juice with the oil; when the egg has absorbed a gill

of oil, finish the sauce by adding a very little pinch of Cayenne pepper and one and a half teaspoonfuls of good vinegar. By beating the egg a minute before adding the oil, there is little danger of the sauce curdling; yet if, by adding too much oil at first, it should possibly curdle, immediately interrupt the operation. Put the yolks of one or two eggs on another plate, beat them well and add the curdled Mayonnaise by degrees, and finish by adding more oil, lemon juice, vinegar, salt and Cayenne, according to taste. It requires about a quarter of an hour to make this sauce. In summer the process of making it is greatly facilitated by placing the eggs and the oil in the ice chest half an hour before using them.

RED MAYONNAISE SAUCE.

Pound some lobster coral, pass it through a sieve, and mix it with the Mayonnaise sauce.

TOMATO SAUCE.

Stew six tomatoes half an hour with two cloves, a sprig of parsley, pepper and salt, press this through a sieve; put a little butter into a sauce-pan over the fire, and when it bubbles add a heaping teaspoonful of flour; mix and cook it well; then add the tomato pulp, stirring it until it is smooth and consistent.

CATSUPS.

TOMATO CATSUP, No. 3.

Cut up ripe tomatoes; boil one hour; strain through a sieve; to one gallon of juice add one tablespoonful of salt, one tablespoonful of black pepper, one teaspoonful of Cayenne pepper, one tablespoonful of nutmeg, two tablespoonfuls of cinnamon, two tablespoonfuls of allspice, two tablespoonfuls of clove, one tablespoonful of mustard, one tablespoonful of celery seed tied in a muslin bag, one pint of vinegar; boil until quite thick; bottle and cork while hot; seal with sealing wax.

TOMATO CATSUP, No. 4.

For four or five quarts of catsup boil one peck of ripe tomatoes fifteen minutes without removing the skins, and strain through a sieve; put into a little bag one teaspoonful of whole cloves, one tablespoonful of ground cinnamon, allspice and black pepper, and put these with a pint of good vinegar into the strained tomatoes, and boil the whole carefully from three to five hours; when sufficiently boiled and condensed, stir in one tablespoonful of ground mustard and one teaspoonful of ground Cayenne pepper, salt to taste, and keep in well corked bottles. This catsup will keep for years.

WALNUT CATSUP.

Take green walnuts when they are tender enough to pierce with a needle; prick them in several places, and put them in a jar with salt well sprinkled over them, and just water enough to cover them; let them remain several days; break them with a mallet and let them remain in the pickle a fortnight; pour off the liquor into a sauce-pan, and cover the shells with boiling vinegar to extract what juice remains in them; crush to a pulp and strain through a colander into the sauce-pan. Allow for every quart an ounce of black pepper and one of ginger, half an ounce of cloves and half an ounce of nutmeg, pounded fine; put in a shallot, minced fine, for every two quarts, and a pinch of Cayenne pepper, and a thimbleful of celery seed tied in a bag for every two quarts. Boil all together for an hour. Bottle when cold, putting an equal quantity of spice in each bottle.

WALNUT CATSUP, No. 2.

Take the walnuts when proper to pickle; beat them in a mortar and squeeze them through a thin cloth; to every pint of liquor add one pound of anchovies, two ounces of mace, two ounces of cloves, and the same of pepper; boil all together until the anchovies are dissolved, then strain it through a sieve; to every pint of it put half a pint of vinegar, with a great many shallots and garlic; strain it again through the anchovies, to make it clear. Let it stand till cold, and then bottle for use.

MUSHROOM CATSUP.

Lay in an earthen pan, in alternate layers of mushrooms and salt; allow to four quarts of mushrooms half a pound of salt; let

MEMORANDA.

MEMORANDA.

them remain over night; the next morning mash them well and let them remain three days, stirring well every day; strain through a sieve or colander, and to every quart of juice allow an ounce of allspice, an ounce of ginger, a teaspoonful of powdered mace, two teaspoonfuls of Cayenne pepper; put it into a stone jar, cover closely, and boil in a kettle of boiling water, five or six hours; take it off, empty into a porcelain kettle, and boil slowly an hour longer; let it stand in a cool place over night, until settled and clear; pour off carefully from the sediments and bottle in very small bottles, filling them full, and seal up air tight.

OYSTER CATSUP.

Chop one quart of oysters and boil in their own liquor with a teacupful of vinegar; take off the scum as it rises; boil three minutes, and then strain; return the liquor to the fire and add one cupful of sherry wine, one teaspoonful of Cayenne pepper, one tablespoonful mace, one tablespoonful salt; boil fifteen minutes, and when cold bottle.

PICKLES.

GERMAN PICKLES.

Wash the pickles thoroughly, and dry well with a coarse towel; put in a stone jar, and strew salt thickly over them; leave in this for one day, then add mustard seed, cloves, bay leaves, whole allspice, and enough water to cover the pickles; put a board over them and a heavy stone to press them down. You may leave them in the brine for a week or a month, but be sure the brine is strong enough to bear up an egg; stir them up every few days. When you are ready to put them up pour away the brine and reject any pickles that may have softened under the process and put the rest into cold fresh water for twenty-four hours; then change the water and leave it for another day. Have a kettle ready, lined with cabbage leaves or green vine leaves, and lay the pickles in it with a bit of alum pounded fine and scattered over it—a piece of alum as large as a pigeon's egg will be enough for a two gallon kettleful—fill with cold water and let them steam slowly, but not

boil, for five or six hours, on the back of the range or stove; when the pickles are a fine green, remove the leaves and throw the cucumbers into very cold water; let them remain in it while you prepare the vinegar. If you prefer, you can omit the spice in the first place, and put it to the vinegar when you scald it up to pour over the pickles. To a gallon of vinegar allow a cup of sugar, three dozen whole black peppers, the same of cloves, two dozen allspice, and one dozen blades of mace; boil five minutes. Put the cucumbers into a stone jar, pour the vinegar over them scalding hot, and cover closely. Let them remain two days, then scald it again and pour over the pickles; repeat this several times at intervals of four and six days. Cover closely, and keep in a cool, dry place. Some people prefer to keep them in the brine, and prepare a few when wanted for use.

PICKLED ONIONS.

One peck of small onions; peel them and lay them in salt and water, strong enough to bear up an egg, for three days; take them out and put them to soak in fresh water for one day; then put them in milk to boil; when they come to a boil take them out and drain until dry; place them in jars with red pepper-pods; boil vinegar and spices together; use mace, whole pepper-corns and cloves, and a cupful of sugar to every gallon of vinegar; pour the vinegar hot over the onions, and cork up tight. The vinegar may be scald up once or twice and poured over the onions, adding enough to fill up the bottles. They will be fit for use in a month.

PICKLED CABBAGE.

One large white cabbage, chopped fine in a chopping tray, two quarts of clear vinegar; take one teaspoonful of ground cloves, the same of cinnamon, allspice and mace; tie these in a piece of cloth, and put them in the vinegar with one tablespoonful of salt and half an ounce of whole cloves; place the vinegar in a kettle with the spice and cabbage and boil five minutes; put away in a jar to cool. It will be fit to eat in a few days.

PICKLED RED CABBAGE.

Remove the coarse leaves from some red cabbages, and wipe them very clean; cut them in long, thin slices, or shreds, and put them on a large sieve, covering them with salt, and let them re-

main all night; then put them into stone jars, and pour over them scalding vinegar with some whole peppers; allow to each quart of vinegar an ounce of whole peppers; cover them over, and set them by for use.

PICKLED CAULIFLOWER.

Take the whitest and closest bunches; cut them into small sprays or clusters; throw them into boiling salt and water and let them boil three minutes; take them off, lay upon a sieve or cloth, sprinkle thickly with salt, and when dry brush this off; put them into cold vinegar for a few days; then place them in glass jars and pour over them boiling vinegar, seasoned with mace, celery seed, white pepper-corns, white mustard seed, and a few bits of red pepper-pods; allow to each half gallon of vinegar a dozen white pepper-corns, half a dozen blades of mace, a teaspoonful of celery seed, and a teaspoonful of white mustard-seed. Scald the vinegar over several times before sealing up. Pour a little sweet oil over the top the last thing; this will prevent them from moulding.

PICKLED WALNUTS.

Gather the walnuts when they are green and tender, which may be known by running a pin through them; put them into strong salt and water for nine days, stir them twice a day, and change the water every three days; then place them on a hair sieve, and let them remain in the air until they turn black; put them into stone or glass jars and pour the vinegar scalding hot over them; allow to half a gallon of vinegar, half an ounce of mace, half an ounce of cloves, the same of pepper-corns, mustard seed and allspice, two ounces of salt. Scald the vinegar over two or three times and pour it boiling hot over the walnuts each time. They will be fit for use in a month.

PICKLED PEACHES.

Take out of free-stone peaches the pits; fill with large and small mustard seeds, mixed with some grated horseradish; tie them up with a thread; pour over them a hot syrup made of one pound of brown sugar to a quart of vinegar. The peaches must not be too hard to pickle in this way.

SWEET PICKLED PEACHES AND PLUMS.

To seven pounds of fruit, take three pounds of sugar, one quart of vinegar, one ounce of ground cloves, one ounce of cinnamon.

Scald vinegar and sugar three mornings in succession, and pour on the fruit. The third morning scald all together. Peaches should always be peeled. Tie the spice in a muslin bag and scald in the vinegar.

SWEET PICKLED PEARS.

To seven and a half pounds fruit, take three and a half pounds sugar, one and a half pints of vinegar, one ounce of cloves, and one ounce of cinnamon. If the pears are hard, boil till nearly done in water, and then put into the boiling syrup to cook till done; but if they are Seckel, or any ripe pear, boil in the syrup till a silver fork penetrates them easily; take them out and boil the syrup half an hour, or less if it gets too thick; pour over the pears while hot. Seal up when cold.

SWEET PICKLED TOMATOES.

One peck ripe tomatoes, peeled; four pounds of brown sugar, one quart of cider vinegar, one ounce stick cinnamon, one-half ounce cloves; tie the spice in a muslin bag. Make a syrup of the sugar, vinegar and spices, then put in the tomatoes and boil them in the syrup; take them out when done; keep them as whole as possible; boil the syrup three or four hours until quite thick; put the tomatoes back, boil up once with the spice taken out of the bag; put into jars, and when cold seal up.

GREEN TOMATO PICKLES.

To half a bushel of green tomatoes, sliced, take an ounce of whole cloves, an ounce of white mustard seed, an ounce of all-spice, half an ounce of Cayenne pepper, one pound of sugar, three tablespoonfuls of ginger and six onions; add vinegar enough to cover the tomatoes; place all on the stove and let them scald (not boil) for an hour.

SWEET PICKLED CANTALoupES.

Take ripe cantaloupes or muskmelons—those that are too tasteless for eating are quite as good—cut in the gores lengthwise; peel and lay in a stone jar; cover with good cider vinegar, and let stand for twenty-four hours, then take out, measure the vinegar, take out three pints or two quarts, all of it will make too much syrup; to every quart of vinegar, allow three pounds of brown sugar, half an ounce of cloves, half an ounce of cinnamon, and

half an ounce of mace, whole ; boil all together until the melon is clear and easily penetrated with a silver fork or a straw ; take it out and lay in the jars ; boil the syrup fifteen minutes longer and pour over the melon while hot.

PICKLED LEMONS.

Cut the lemons in quarters, not entirely apart, and put a teaspoonful of salt in each one ; put them where they will dry, either in the hot sun or by the stove ; when they are dried so that they are black, and look good for nothing, prepare the vinegar with cloves, cinnamon, nutmeg, ginger root, onion and a little mustard seed, and pour it boiling hot over the lemons ; keep a year before using. They are quite equal to the West India lime. They require more vinegar than other pickles, as the lemons will swell to their natural size.

PICKLED APPLES.

Take one peck of sweet apples and pare them ; boil until tender in a syrup made of four pounds of sugar and a quart of vinegar ; then remove them from what is left of the syrup, and make a new one of five pounds of sugar, a quart of vinegar, half an ounce each of the different kind of spices, and three large lemons boiled and sliced ; boil this syrup half an hour, and pour hot over the fruit. The first syrup can be used for making sauces.

CHILI SAUCE.

Two large onions, twelve large ripe tomatoes, four green peppers, two tablespoonfuls of salt, two tablespoonfuls of brown sugar, two tablespoonfuls of ginger, one tablespoonful of cinnamon, one tablespoonful of ground mustard, one nutmeg, grated, four cupfuls of vinegar. Chop peppers and onions fine, peel tomatoes, and boil all together until done. If boiled too long it will be too thick.

CHILI SAUCE, No. 2.

Eighteen large ripe tomatoes ; six onions ; six red peppers ; ten tablespoonfuls of sugar ; three tablespoonfuls of salt ; five cupfuls of vinegar. Chop fine and cook one hour.

PICKLETTE.

Chop a head of cabbage very fine, and a number of onions according to the size of the cabbage ; put them in a stone jar with salt stirred through them ; let stand over night, when drain all the

water off them ; take cider vinegar sufficient to cover them, and boil, adding to one quart of vinegar, one pound brown sugar, one tablespoonful of ground mustard, two tablespoonfuls of black pepper, two tablespoonfuls ground cinnamon, two tablespoonfuls celery seed, one tablespoonful mace, one tablespoonful allspice, one tablespoonful of pulverized alum, and two tablespoonfuls horse radish ; pour boiling over the cabbage and onion ; let stand over night, when strain the vinegar off and scald again, pouring over as before ; repeat this three mornings, and in the fourth boil all together, cabbage, onions, vinegar and spice ; when cold pack in small jars. It is fit for use at once, but will keep quite a time.

CHOW-CHOW.

Two quarts of small onions, four of small cucumbers, and three cauliflowers ; cut the cauliflowers and cucumbers into small pieces, and soak in strong salt water over night ; then rinse well, and boil in vinegar until quite tender ; mix one pound of the best ground mustard and two ounces of the best salad oil with enough vinegar to mix it well ; then stir in while boiling ; just before taking from the fire add three ounces of fine red pepper ; it is then ready to bottle.

OLD VIRGINIA CHOW-CHOW.

A peck and a half of green tomatoes ; three small heads of cabbage, six large onions, six ripe peppers, six green peppers ; chop all very finely and cover with salt for twenty-four hours ; then drain the juice off thoroughly ; cover with three quarts of strong vinegar ; add a pound and a half of sugar, and scald all one hour ; then add a peck and a half of ripe tomatoes, three heads of finely chopped celery, and one pint of grated horse-radish root ; boil all fifteen minutes ; then add one tablespoonful of cloves, two tablespoonfuls white mustard seed, two tablespoonfuls allspice, two tablespoonfuls ginger, one tablespoonful of mustard. These spices all to be ground. Cover closely ; is fit for use in one month.

PICKLED LAMB'S TONGUES.

Boil six tongues in one quart of water, two teaspoonfuls salt, one teaspoonful each of thyme, celery seed, and mustard seed, one dozen pepper corns, one dozen whole cloves ; boil till very tender and very slowly ; skin and trim neatly ; cut in pieces lengthwise ; place in a jar and pour over them, boiling hot, sufficient vinegar

to cover them ; six whole cloves, one tablespoonful mustard seed, one-half bay leaf, one dozen pepper corns or red peppers, whole, and two white onions sliced thin and placed in the jar in layers with the tongues ; ready for use in twenty-four hours.

PICKLED NASTURTIUM SEED.

Gather the nasturtium seeds when they are green and tender, but full grown ; dry them in the sun for a day ; then put them into small bottles or jars, and pour over them boiling vinegar, with a little spice ; when cool cork closely. It is best to scald over the vinegar two or three times before sealing the bottles up. In six weeks they will be fit for use. They can be used in place of capers.

CELERY VINEGAR.

A quart of good vinegar, a quarter of pound of celery seed, a teaspoonful of salt, and a tablespoonful of white sugar. Put the celery seed into a bottle ; boil the vinegar, salt and sugar together, and pour boiling hot over the seed ; let it cool ; in a few days scald again. In three or four weeks, strain and bottle, corking tight.

SALADS.

COLD SLAW.

Take off the outside leaves from a red cabbage, and cut it up but not too fine ; sprinkle a little salt and pepper and set it in a cool place. *The dressing.*—Beat the yolk of three eggs, or the whole of two eggs, with five tablespoonfuls of good strong vinegar, two heaping teaspoonfuls of sugar, half a teaspoonful of made mustard, and butter the size of a walnut. Put these ingredients into a sauce-pan and stir them until they form a smooth paste, but do not let it boil. Put the mixture away to cool, and just before it is wanted at table, mix it with the cold cabbage, and garnish the top with hard boiled egg.

CHICKEN SALAD.

Boil a chicken that weighs not more than a pound and a half ; when very tender, take it up, pick all the meat from the bones,

and cut into small strips but do not chop it; use celery or lettuce, in the proportion of three-quarters as much celery as you have chicken. Chop the celery, not too fine—and mix with the chicken and stir into it a mixture composed of three tablespoonfuls of vinegar and one of oil, with pepper, salt and mustard to the taste. Set it in a cool place while you prepare the dressing.

SALAD DRESSING.

One large bottle of oil, three raw yolks of eggs, one teaspoonful of salt, half a teaspoonful dry mustard, a pinch of Cayenne pepper, two tablespoonfuls sharp vinegar; take a small round deep dish or bowl; first put in the salt, pepper and mustard; mix them with a teaspoonful of cold water, add a little oil by degrees, stirring all the time, then a few drops of vinegar, then the eggs and the oil by degrees; as it thickens add a few drops of vinegar; about half of the vinegar at last; more vinegar or water if too thick.

SALAD DRESSING, No. 2.

Boil two eggs hard, drop them into cold water a few minutes; take yolk of the egg and rub it to a smooth paste with a teaspoonful of salt, a teaspoonful of pepper and two of sugar; mix well; then add three teaspoonfuls of olive oil, putting in a few drops at a time; add a teaspoonful of made mustard, and one raw egg, beaten to a froth. Stir this well, and add half a teacup of vinegar, putting in a very little at a time and beating it well until thoroughly mixed. Pour this over the chicken and garnish the whole with the whites of the boiled eggs cut into rings, and sprigs of bleached celery tops.

SALAD DRESSING, No. 3.

One teaspoonful of mixed mustard, one of pounded sugar, two tablespoonfuls of salad oil, four of cream, two of vinegar, Cayenne and salt to taste. Put the mixed mustard into a salad bowl with the sugar, and add the oil drop by drop, carefully stirring and mixing all these ingredients well together; proceed in this manner with the cream and vinegar, which must be added very gradually or the sauce will curdle; put in the seasoning, when the mixture will be ready for use. In mixing salad dressing, the ingredients cannot be added too gradually; or stirred too much.

LOBSTER SALAD.

Pick out the meat from a hen lobster; lay aside the coral and chop the rest. It can be mixed with lettuce or celery chopped but it must not be allowed to stand a moment after it is mixed. The better way is to have the lettuce in a separate dish and pass it with the lobster.

SALAD DRESSING, No. 4.

Rub the yolks of four hard boiled eggs to a smooth paste, with a silver spoon, until perfectly free from lumps; then add gradually two tablespoonfuls of olive oil, one teaspoonful of salt, one table-spoonful of white sugar, a pinch of Cayenne pepper, one table-spoonful of Worcestershire sauce and a cup of vinegar. Have the coral pounded fine and mix it with the other ingredients. Mix all carefully and well, and then pour over the lobster.

HOME-MADE WINES AND CORDIALS.

GRAPE WINE.

One gallon of water to every gallon of grapes; crush the grapes well; let them stand one week without stirring; then draw off the liquor. To every gallon of wine add three pounds of sugar; put it in a vessel, but do not fasten it at the bung until it is done hissing; when it has stopped working fasten it up and let it stand two months; it will then draw off clear; bottle, cork and seal it; keep it in a dry cellar.

BLACKBERRY WINE.

Measure berries and bruise them; to every gallon add one quart of boiling water; let it stand twenty-four hours, stirring; then strain off liquor into cask; to every gallon add two pounds of sugar; cork tight and let it stand till the following October.

CURRENT WINE.

To two quarts of the currant juice (after the currants are pressed) add one quart of water and three and a half pounds of sugar. Let it stand in an open jar until it stops fermenting; then draw it off carefully, bottle, and cork it securely.

GINGER WINE.

Boil together for one-half hour fourteen quarts of water, or cider fresh from the press if it can be obtained, twelve pounds of crushed sugar, one-half pound of best ginger-root, bruised, and the thin yellow rind of six large lemons; when nearly cold put all in a clean, dry cask, with the juice of the lemons and one-half pound of raisins, also one-half cake compressed, or two tablespoonfuls of good fresh yeast; stir the mixture once a day for ten or twelve days; when it has ceased to ferment and the froth has subsided, dissolve one ounce of isinglass, and add, also, one pint of best brandy; close the bung tightly, and in two months it will be fit to bottle; at the end of that length of time try it, and if it should be found to be too sweet, let it stand longer.

LEMON WINE.

Pare off the rinds of six large lemons, cut them and squeeze out the juice, steep the rinds in the juice and put to it a quart of brandy; let it stand three days in an earthen pot tightly covered; then squeeze six more lemons and mix the juice with two quarts of water and as much loaf sugar as will sweeten the whole; boil the sugar, water and lemons together; let it stand till it cools; then add a quart of white wine and the other lemons and brandy; mix them together and run it through a flannel bag into some vessel; let it stand three months and then bottle it off; cork the bottles well and keep it cool. It will be ready for use in a month or six weeks.

RASPBERRY WINE.

Bruise the fruit to a mash, and strain it through a cloth; measure your juice; take an equal quantity of water, boil it, and when cold pour it on the dry fruit that you have strained; let it stand six hours, and then strain it, and add it to the juice; to every quart put rather more than half a pound of sugar; let it remain in an earthen pot, close covered for a week; then turn it into a clean cask; bung it up close for a month or more, and then bottle it off.

RASPBERRY AND CURRANT WINE.

Measure your currants, mash and squeeze them, go carefully over them, and break those that have escaped, and pour water on them in the proportion of one quart of water to four of currants; let them stand all night, and thoroughly squeeze them dry. To

each four quarts of currants allow one quart of raspberries, mashed in one pint of water ; strain all through a coarse sieve, to get out the seeds ; measure the liquid, and to each quart allow one pound of sugar. It is best kept at least a year before being bottled, but will obtain a finer flavor with every year.

ELDERBERRY WINE.

Having stripped off the berries, place them in a large pan or tub, and a little more than will cover them of water ; let them remain four or five days, occasionally squeezing out the juice with a presser made of a small block of wood like the head of a mallet, fitted to a handle of suitable length. When they have remained sufficient time press out the juice through a fine sieve or strainer-cloth. The juice being quite clear add three to four pounds of raw sugar to each gallon of juice ; half a pound of ginger, two ounces of cloves, and one or two ounces of allspice (according to taste) to every four gallons. Let the whole boil for a full half hour after it commences to boil ; pour it into an open cask or tub, and when lukewarm add yeast or toast, keeping it well covered, and letting it work for a little less than a week ; then skim off the yeast, put it in a cask and leave it to ferment, with the vent-peg loose. When the fermentation ceases, bung the cask tightly, and let it remain for two months at least, when it will be fit for use, although a longer time is preferable, if the wine is not especially required. It should be remarked that the addition of a bottle of brandy put into the cask before bunging up greatly improves the wine, although it is not absolutely essential.

. BLACKBERRY AND WINE CORDIAL.

To half a bushel of blackberries, well mashed, add a quarter of a pound of allspice, two ounces of cinnamon, two ounces of cloves ; pulverize well, mix and boil slowly until properly done ; then strain or squeeze the juice through a strainer-cloth, and add to each pint of the juice one pound of loaf sugar ; boil again for some time, take it off, and while cooling add half a gallon of the best Cognac brandy.

DOSE—For an adult, half a gill to a gill ; for a child, a teaspoonful or more according to age.

BLACKBERRY CORDIAL.

Squeeze the juice from the berries, and to every pint of juice add one pint of water, and to every quart of this mixture, put one pint of whiskey or brandy; sweeten to taste, use the best refined sugar; a few spices may be added if liked. This makes a very superior cordial, and improves with age. This receipt answers for strawberries, peaches, wild grapes, etc.

QUINCE CORDIAL.

Take the parings and cores of the quinces when preserving, cover them with water, and boil a gallon down to half a gallon; when reduced in this way to a thick, clear mucilage, add two pounds of white sugar; stir this until dissolved, then add two quarts of the best white brandy, pour this into very clean wine bottles, and into each bottle put four or five blenched bitter almonds; shake each bottle well and cork tightly; in one week it is fit for use.

RASPBERRY VINEGAR.

Pour one quart of pure cider vinegar over three quarts of ripe raspberries in a dish, let it stand twenty-four hours, then strain it; pour the liquor over three quarts of fresh raspberries, and let it infuse again for a day and night; strain again, and add one pound of white sugar to each pint of juice; boil twenty minutes, skimming it well. Bottle when cold; use one part of the raspberry vinegar to four parts of ice water.

RASPBERRY VINEGAR, No. 2.

Put a pound of fine ripe raspberries in a bowl, bruise them well, and pour upon them a quart of the best white wine vinegar; next day strain the liquor into a pound of fresh ripe raspberries, bruise them also, and the following day do the same, *but do not squeeze the fruit, or it will make it foment*; only drain the liquor as dry as you can from it. The last time pass it through a canvas bag, previously wet with the vinegar to prevent waste; put the juice into a stone jar, with a pound of sugar to every pint of juice; stir it well, and when melted, put the jar into a pan of water; let it simmer, and skim it; when cold, bottle it; it will be fine and thick like strained honey, newly prepared.

RASPBERRY VINEGAR, No. 3.

To four quarts of fresh raspberries, put a quart of best cider vinegar, a pound of white sugar, and mash them well with a spoon; let them stand in the sun five or six hours; strain and squeeze out all the juice, and add a pint of brandy. Seal up in bottles.

PUNCH.

Rub loaf sugar over the peel of six lemons, squeeze out all the juice from six lemons and six oranges, removing the seed; add to it five pounds of loaf sugar (including the sugar rubbed over the peel) and two quarts of water, with five cloves and two blades of mace (in a bay); simmer this over a fire about ten minutes, making a syrup. This syrup will keep forever; it should be bottled and kept to sweeten the liquors whenever punch is to be made.

Mix a pint of green tea, a pint of brandy, a quart of Jamaica rum, a quart of champagne, and a teacup of chartreuse; when well mixed, sweeten it to the taste with the syrup; pour it into the punch-bowl, in which is placed a large piece of ice; slice three oranges and three lemons, removing the seed, which put also into the punch-bowl.

ROMAN PUNCH.

Make or purchase lemon ice; just before serving, put enough for one person at table into a saucer or punch-glass, and pour over two tablespoonfuls of Jamaica rum.

ROMAN PUNCH, No. 2.

Make a rich lemonade, taking to a quart of boiling water, seven lemons and a pound of sugar; when cool, add a glass of champagne, a glass of Jamaica rum (or two of rum), the juice of two oranges, the whites of two eggs beaten to a froth, with half a pound of powdered sugar. Freeze as for ice cream.

TOM AND JERRY.

Four eggs and six large spoonfuls of powdered sugar beaten to a perfect froth; six wineglassfuls of St. Croix rum, and one pint of boiling water; stir the water into the mixture, and then turn it back and forth into two pitchers, the pitchers being hot and the glasses also hot; grate nutmeg on top of each glass, and drink immediately.

NECTAR.

Squeeze the juice from three oranges and as many lemons into a pitcher, add two tumblers of water, and sweeten to taste; then put in plenty of pounded ice, half a teaspoonful of rose-water, and a large tumbler of wine (sherry or Madeira); stir all well and pour out.

EGG-NOG.

Beat the yolks of six eggs to a stiff froth, with half a pound of sugar; then add half a pint of brandy or whiskey, the whites of six eggs beaten to a froth, and three pints of cream whipped to a froth.

PARISIAN ROMAN PUNCH.

Soak one ounce of tea over night in a half pint of water; rub all the zest (that is the oil) out of the rind of two whole lemons into one pound of loaf sugar, and rub it on the lemons until all the zest is absorbed by the sugar; put the sugar into three gills of boiling water; when it is cooled, add two sliced oranges, the juice of four lemons, a pint of water, three eggs whisked light, and one pint of rum (or other liquor); strain the tea into this and mix all together; then place it in a bowl, or freezer, in broken ice.

ITALIAN LEMONADE.

Pare and press two dozen lemons; pour the juice on the peels and let it remain on them all night; in the morning add two pounds of loaf sugar, a quart of good sherry and three quarts of boiling water; mix well, add a quart of boiling milk and strain it through a jelly bag till clear.

ROOT BEER.

Take a quantity of sarsaparilla roots, sassafras bark and some hops, and boil until the strength is extracted; to three gallons of the liquor, after it is strained, add one quart of molasses and a cup of yeast; let it stand in a warm place eight or ten hours, strain again and bottle. It will be fit for use the following day.

GINGER BEER.

Take a pint of molasses and two tablespoonfuls of ginger, put into a pail half filled with boiling water; when well stirred together, fill the pail with cold water, leaving room for one pint of yeast, which must not be put in till lukewarm. Place it on the warm hearth for the night and bottle it in the morning.

SPRUCE BEER.

Take three pounds of sugar, four gallons of water, one ounce of ginger, a little lemon peel, or essence of lemon, and a little essence of spruce, to give it a flavor; stir all together, warm it a trifle, add a cupful of good yeast. When fermented, bottle up close.

JAMAICA GINGER BEER.

One bottle of Jamaica Ginger Extract, one pound of sugar, six quarts of water, and one ounce of cream tartar; stir until the sugar is melted, then put in the grated rind of a lemon, and heat until blood warm; then add a tablespoonful of brewer's yeast; stir well and bottle, wiring down the corks. It will be fit for use in four days. This is a refreshing and healthful beverage, mixed with pounded ice, in hot weather.

GINGER POP.

Two gallons lukewarm water, two ounces white ginger root, two lemons, two pounds white sugar, one tablespoonful cream tartar, one cup of yeast. Bruise the ginger root and boil in a little water to extract strength; cut and squeeze the lemons and put them in the water, skins and all; add the yeast when lukewarm. Let the mixture stand in the kitchen in a jar for twenty-four hours, then bottle. In twenty-four hours it will pop.

GINGER, OR POP BEER.

One and a half ounces of best Jamaica ginger, one and a half ounces of cream tartar, one pound of brown sugar, two sliced lemons, four quarts of boiling water, a half pint of yeast. Let it ferment for twenty-four hours, strain and bottle it. In two weeks it will be fit for use.

INDIAN SYRUP.

Five pounds of lump sugar, two ounces of citric acid, a gallon of boiling water; when cold, add half a drachm of essence of lemon and half a drachm of spirits of wine; stir it well and bottle it. This is a delicious summer drink. Take two tablespoonfuls to a glass of cold water.

IMPERIAL.

Put into a jug that will contain three pints, half an ounce of cream tartar, the juice of a lemon and the rind pared very thin; pour boiling water over these and add sugar to taste. When cold it is fit for use.

PEACH CORDIAL.

Make a rich syrup of one quart of peach juice and one pound of white sugar ; when cold add half a pint of the best brandy. For a drink, dilute with water, the same as any fruit shrub.

BLACKBERRY CORDIAL.

To a quart of blackberry juice, put one pound of white sugar, half an ounce each of grated nutmeg and cinnamon, quarter of an ounce each of allspice and cloves, a pint of the best brandy. Tie the spices in thin muslin bags, boil juice, sugar and spices together for fifteen minutes, skimming well ; add the brandy, set aside in a closely covered vessel to cool ; when perfectly cold, take out the spice bag, strain and bottle, sealing the corks.

HYDROMEL.

Boil eight pints water and one pint good honey till reduced one-half, then add one glass of brandy. This hydromel will keep ten years.

SUMMER CHAMPAGNE.

To four parts of seltzer water add one of Moselle wine (or hock), and put a teaspoonful of powdered sugar into a wine glass of this mixture ; an ebullition takes place and you have a sort of summer champagne, which is more wholesome in hot weather than the genuine wine known by that name.

SWEET CHAMPAGNE CIDER.

Let the cider ferment for from two to three weeks : when it is lively, add to each gallon from one to two pounds of sugar, according to the tartness of the cider ; let it work until it has the taste you wish ; then mix (for each gallon of cider) a quarter ounce of sulphite of lime (anti-chloride) into one quart of cider, and return it to the rest. In three days it will become clear, when you can bottle what will be a sweet, sparkling cider.

TO KEEP CIDER SWEET OR BRISK.

Put into each barrel eight tablespoonfuls white mustard-seed, tied in a muslin bag. To make it *brisk*, put a raisin in each bottle.

MEMORANDA.

MEMORANDA.

A DELICIOUS CHEAP WINE FOR COOKING OR DRINKING.

Take new cider from the press; mix as much honey with it as will support an egg; boil it gently fifteen minutes, but not in an iron, brass or copper pot; skim it well; when cool, put it into a cask. In the following March it will be ready to bottle. In six weeks it will be fit to drink, and you will have a rich, strong wine.

TEAS FOR THE SICK ROOM.

Dried leaves of sage, one-half ounce; boiling water, one quart; steep for three-quarters of an hour and then strain for use; sugar can be added to suit the taste. Peppermint, spearmint, balm, hoarhound, and other herb teas are made in the same manner.

REFRESHING DRINKS IN FEVERS.

Boil one and a half ounces of tamarinds, with two ounces stoned raisins, and three ounces cranberries, all in three pints of water until two pints remain. Strain, and add a small piece of lemon peel, which should be removed in thirty minutes.

IRISH MOSS JELLY.

Insert half an ounce of Irish moss into a pint and a half of fresh milk; boil down to a pint; then strain, and add sufficient sugar and juice of a lemon to give it an agreeable flavor.

ORANGE WHEY.

Boil a pint of fresh milk; when sufficiently boiled, add to it the expressed juice of an orange, with a small part of the peel, and let it stand until it curdles. Strain for use.

APPLE TEA FOR THE SICK.

Peel, core and quarter one pound of apples; boil for half an hour in a quart of water; strain, add juice of one lemon, and sweeten to taste. Rhubarb, strawberry, or other fruit, may be used in like manner; black currant tea is much recommended in England.

CRANBERRY TEA.

For each quart of cranberries, take one pound of sugar. boil to a pulp, and strain through a colander. For every two tablespoonfuls of the residue left in the colander, and being put into a mug, pour on one quart of boiling water; let it stand one hour and then

strain. The jelly which passed through the colander can be used for cooking purposes, or tea can be made from it (like all other fruit jellies) by pouring boiling water upon it.

BARLEY TEA.

Boil half a teacup of the best pearl barley in a quart of water till smooth (it should boil three hours); if it boils away too much add more water, and let it continue to boil; strain through muslin; add the juice of a lemon and sweeten to taste.

TAPIOCA GRUEL.

A tablespoonful of tapioca, soaked in a pint and a half of water twenty minutes, then boil gently, stirring frequently till it is cooked, then sweeten.

SLIPPERY-ELM BARK TEA.

Break the bark into small pieces, pour boiling water over it and let it steep for awhile; or take a tablespoonful of pulverized slippery-elm and pour half a pint of boiling water on it; sweeten, ice, and take for summer complaints, or add lemon juice, and drink for a bad cold.

ICELAND MOSS CHOCOLATE.

Iceland moss has been in the highest repute on the continent as a most efficacious remedy in incipient pulmonary complaints; combined with chocolate, it will be found a nutritious article of diet, and may be taken as a morning and evening beverage. Mix a teaspoonful of the chocolate, with a teaspoonful of boiling water or milk; stirring constantly until it is completely dissolved.

ICELAND MOSS LEMONADE.

Pour a quart of water upon a small quantity of the moss, that has been well washed in several waters; add the juice of one lemon and sweeten to the taste.

A DRINK FOR THE SICK.

Wash clean a few pieces of Irish moss; put it into a pitcher and pour over it two cupfuls of boiling water; let it simmer for two hours; strain, and squeeze into it the juice of one lemon; sweeten to taste. If preferred, flavor with wine, vanilla or nutmeg.

PIES AND PASTRY.

PUFF PASTE.

One pound of flour, one pound of butter, the yolks of two eggs, mix with ice water. Mix half the butter with the flour; stir the beaten yolks of the eggs into a cupful of ice water, or enough to make into a dough; roll out the paste very thin, put the butter on in layers, using about a third each time; when it is all used up, roll up the paste and keep it in a cool place.

PUFF PASTE, No. 2.

To every pound of flour, take three-quarters of a pound of butter, the yolk of one egg, use ice cold water; chop half the butter into the flour, then stir in the beaten yolk and as much water as needed; work all into a dough, roll out thin, spread on some of the butter, fold closely, butter side in, and reroll; repeat this until the butter is all used up. Keep the paste in a cool place until you wish to use it.

PASTRY FOR MINCE PIE.

Two cupfuls of flour, one cupful of lard, half a cupful of ice water, a pinch of salt; use a knife to cut the lard through the flour until fine; then add the water, and mix with the knife until no flour remains in the bowl; roll thin, and place small bits of butter over, dredge with flour, fold up, and repeat the process twice, using half a cupful of butter; roll the crust thin; have a quick oven; it will rise in flakes.

EXTRA MINCE PIES.

Three pounds of lean beef, boiled, and when cold, chopped fine; one pound of beef suet chopped very fine; five pounds of apples, after they are pared, cored and chopped; one pound of sultana raisins, picked and washed; two pounds of raisins seeded and chopped; two pounds of currants, washed in several waters; three-quarters of a pound of citron, cut fine; two tablespoonfuls each of cinnamon and mace; one nutmeg, grated; one tablespoonful each of ground allspice, cloves and salt; two and a half pounds of brown sugar; a quart of sweet cider or good sherry wine; one

pint of good brandy; let it stand at least twenty-four hours before making up in pies. If the mince meat made after this receipt is kept in stone jars, well covered up and in a cool place, it will keep all winter; if it becomes dried out, add more liquor.

PUMPKIN PIE.

Take one pint of pumpkin that has been stewed soft and pressed through a colander, melt a quarter of a pound of butter in half a pint of warm milk, a quarter of a pound of sugar, stirring them well together; one pint of rich cream will be better than milk or butter; beat eight eggs very light, and add to the other ingredients alternately with the pumpkin; then stir in a wine glass of rose-water and two glasses of wine mixed together, a large teaspoonful of powdered mace and cinnamon mixed, and a grated nutmeg. Having stirred the whole very thoroughly, put it into a buttered dish, and bake three-quarters of an hour.

PUMPKIN PIE, No. 2.

Take a small pumpkin, stew and strain it through a colander; to each quart of pumpkin allow two quarts of milk, six eggs beaten very light, three tablespoonfuls of molasses, one cup of sugar, a teaspoonful of salt, a teaspoonful of ginger, a teaspoonful of mace or cinnamon; bake in a dish without any cover.

POTATO PIE.

One pound of boiled potatoes, rubbed through a colander; a pint of rich milk, a quarter of a pound of butter, half a pound of sugar, three eggs, the juice of one lemon, a gill of wine, a little mace or nutmeg; rub the sugar and butter to a cream; add the yolks of the eggs, well beaten; then the potatoes, milk, &c.; lastly, the whites of the eggs beaten to a froth. Bake in shells of paste, or in dishes lined with good paste, without covers. To be eaten cold.

SWEET POTATO PIE.

Five eggs, half a pound of butter, quarter of a pound of sugar; add as much mashed sweet potato as will thicken it, and the juice and grated peel of a lemon. Beat very light.

LEMON PIE.

For one pie, take three eggs, a quarter of a pound of sugar, the juice of one lemon; line a plate with paste, and fill with the above

mixture; when baked, whip the whites of three eggs to a froth, and gradually add six ounces of sugar; then turn it over the pie and dry in the oven.

LEMON PIE, No. 2.

Yolks of four eggs and one whole one, nine tablespoonfuls of sugar, juice of two lemons, and the grated rind of one; three pounded milk crackers soaked in one tumbler of milk; mix and bake. Then beat the whites of the four eggs with four tablespoonfuls of powdered sugar, and spread over the top, and return to the oven to brown. This makes two pies.

LEMON PIE, No. 3.

Three eggs, one tablespoonful of butter, three-quarters of a cupful of sugar, grated peel and juice of one lemon. Bake in open shells of paste.

APPLE CUSTARD PIE.

Stew some apples until so soft that they will rub through a sieve. To a quart of the stewed apples, add two teacupfuls of sugar, one pint of milk, half a cupful of butter, five eggs, season with grated lemon peel, and bake in puff paste like custards.

HYGIENIC CUSTARD PIE.

Two tablespoonfuls of Graham flour, and one teaspoonful of corn starch, stirred smoothly into one-half pint of milk; to this add three well beaten eggs, another half pint of milk, one tablespoonful of sugar, and a little lemon juice if desired; stir all together, and pour into a well buttered plate or pie tin, and bake in a quick oven. The flour will settle to the bottom, and form a fine crust without shortening. A tablespoonful of dessicated cocoanut adds much to its deliciousness.

CHOCOLATE CUSTARD PIE.

Take a quarter of a cake of Baker's chocolate, dissolve in a little cold milk, then pour into it a pint of boiling water, and let it boil about three minutes; when nearly cold, beat up the yolks of six eggs and the whites of three, and add to the chocolate with a quart of milk, half a cupful of sugar, and two teaspoonfuls of vanilla. It may be baked in plates with an under crust, or without crust in a pudding dish, or in cups set in boiling water. When the

custard is nearly done, spread over it the whites of three eggs, beaten to a froth, with two tablespoonfuls of sugar.

COCOANUT CUSTARD PIE.

Boil a quart of milk, take it from the fire and stir into it six well beaten eggs, half a pound of sugar (if you do not use the dessicated cocoanut, if you do less sugar is required); a pound of cocoanut, and two teaspoonfuls of vanilla. This can be baked with a crust and will make two large pies, or without a crust in a buttered pudding dish.

PEACH PIE.

Make a rich biscuit crust, made with Lewis' Condensed Baking Powder; put it, rolled thick, around the dish; put in a layer of peaches, then butter and sugar and a very little flour; then peaches and so on until the dish is full; cover with a thick crust; cut a slit in the centre and pour in a little water. Bake in a moderate oven.

FRUIT PIES.

Line your dish with a good crust and fill with cherries, peaches, strawberries, or any ripe fruit that you have, regulating the quantity of sugar by the sweetness of the fruit; they may be covered or not as you like. Green gooseberries and rhubarb should be stewed and sweetened before making into pies.

PINEAPPLE PIE.

A grated pineapple and its weight in sugar, half its weight in butter, one cupful of cream, five eggs, (the whites beaten to a stiff froth). Cream the butter and beat it with the sugar and yolks of the eggs until very light; add the pineapple, the cream and the whites of the eggs. Bake with an under crust. To be eaten cold.

CHOCOLATE PIE.

Two cups of sugar, three-quarters of a cup of butter, one cup of milk, three and a half cups of flour with two teaspoonfuls of Lewis' Condensed Baking Powder sifted into it; five eggs, leaving out the whites of four. Bake in Washington pie tins; this will make three pies of two layers each, with the chocolate between and on top. For the chocolate frosting take the whites of the four eggs beaten stiff, with one and a quarter cups of powdered sugar, two tablespoonfuls of chocolate placed in a saucer and steamed over a teakettle until creamy; one teaspoonful of vanilla.

LEMON PIE, No. 4.

The juice and grated rind of one lemon, one cup of sugar, one whole egg and the yolks of two others, three teaspoonfuls of flour or corn starch, and milk to fill the plate; line the plate with paste; pour in the custard and bake; beat the whites of the eggs and four tablespoonfuls of sugar; spread over the pie and brown lightly.

PUDDINGS.

POTATO PUDDING.

Weigh a pound of potatoes after they are pared; boil them and when done pour off the water and let them dry for a few minutes; mash them in the kettle; while they are still hot add a pint of cream or rich milk, a piece of butter the size of an egg, a small cup of sugar, a gill of wine or the juice of a lemon if preferred, four eggs beaten light and a little salt. Bake in a deep dish.

SWEET POTATO PUDDING.

Five eggs, a quarter of a pound of butter, a quarter of a pound of sugar; add as much mashed sweet potato, *cold*, as will thicken it, a glass of brandy, the juice and grated rind of a lemon, and spice if you choose. About a pound of sweet potato is required. Bake in a deep buttered dish. To be eaten cold.

BERRY PUDDING—BOILED OR STEAMED.

Make a batter with a pint of flour, half a pint of sweet milk, a little salt, one egg, and two teaspoonfuls of Lewis' Condensed Baking Powder; stir in a quart of berries. Boil one hour and a half in a buttered mould.

APPLE DUMPLINGS—BOILED OR STEAMED.

Three-quarters of a pound of flour, three ounces of suet chopped fine, two teaspoonfuls of Lewis' Condensed Baking Powder; one teaspoonful of salt; mix with milk enough to knead; roll it, but not as thin as for pie crust. Pare seven large apples; core them and quarter them, keeping each apple by itself, and place the

quarters together again; cut the paste in squares to cover each apple; tie them in pieces of cloth, leaving a very little room to swell. Boil an hour putting them into a steamer; cover the steamer with a piece of cotton flannel, cut round; this will absorb the steam that rises to the cover, and the dumplings will be drier. Serve them with sweet sauce.

CHERRY PUDDING—BOILED OR STEAMED.

One cupful of sweet milk, two eggs, a little salt, two teaspoonfuls of Lewis' Condensed Baking Powder; flour enough to make a stiff batter; as many cherries or fruit of any kind as can be stirred in. Boil or steam two hours. Serve with fruit sauce.

CHERRY PUDDING—BOILED OR STEAMED, No. 2.

Make a stiff batter with a pint of milk, three eggs, a little salt, bread or bread crumbs enough to thicken it, two teaspoonfuls of Lewis' Condensed Baking Powder, and one quart of cherries. Boil or steam two and a half or three hours. Fruit or wine sauce.

PINEAPPLE PUDDING.

Take slices of sponge cake or bread, and a large pineapple cut in slices; butter a dish and place in the bottom of it slices of the sponge cake or bread, then a layer of pineapple well sprinkled with sugar, then another layer of cake, and so on, having the last cake. Pour over the top a cold custard, or wet the top with wine and water. Bake slowly two hours. To be eaten with sugar and cream.

PINEAPPLE PUDDING, No. 2.

Take a large pineapple; peel it and take out all the dark specks, grate it, and to a pound of the apple allow half a pound of sugar and a quarter pound of butter; rub them to a cream, and mix with the grated apple; beat four eggs very light with a cup of cream or rich milk and add to the other ingredients. Beat very light. It may be baked with or without a paste crust.

COCOANUT PUDDING.

Make a custard with a pint of rich milk, two teaspoonfuls of corn starch, half a cup of sugar, the whites of four eggs, a little salt and flavoring. Boil the milk, keeping a tablespoonful or two in which to dissolve the corn starch; pour the boiling milk upon

it, adding the sugar, and the eggs well beaten; let it boil a few minutes, then take it off and stir in half a grated cocoanut. Butter a deep dish, pour in the mixture, and put into the oven to brown.

COCOANUT PUDDING, No. 2.

Beat to a cream half a cupful of butter, then add a cupful of sugar; beat to a cream; the yolks of five eggs well beaten, half a pound of cocoanut, a cupful of sugar, half a pint of rich milk or cream, half a cup of crumbs, (sponge cake or cracker,) mix well, then add lastly the whites of two eggs. Butter a deep dish, pour in the mixture and bake. Just before it is done take the other whites, having beaten them stiff with three tablespoonfuls of powdered sugar and a tablespoonful of vanilla; spread this meringue over the pudding and return to the oven for a few minutes. Bake in all three-quarters of an hour.

A SMALL FRUIT PUDDING.

Half a pound of bread crumbs, wet with sweet milk, (a pint or a little more may be required), a quarter of a pound or a cupful of suet chopped fine; three eggs well beaten; half a cupful of molasses; a pound of fruit after it is stoned and picked; a teaspoonful of soda; mace, nutmeg, allspice and cloves to the taste. Put it into a pudding mould and boil two and a half or three hours. Serve with wine sauce.

SUET PUDDING, BOILED OR STEAMED.

One cupful of finely chopped suet, one cupful of molasses, one cupful of milk, sweet or sour, one cupful of raisins, or currants, three cupfuls of flour, one teaspoonful of salt, two teaspoonfuls of Lewis' Condensed Baking Powder if sweet milk is used, if *sour* one teaspoonful of soda; one teaspoonful of every kind of spice, part of a nutmeg. Boil four hours. Serve with wine sauce.

CITRON PUDDING, BOILED OR STEAMED.

Half a cup of butter beaten to a cream, then beat in one cupful of sugar, two eggs well beaten, one cupful of new milk, two cupfuls of flour, a teaspoonful and a half of Lewis' Condensed Baking Powder in the flour, half a cupful of citron chopped fine. Pour into a buttered mould and boil three hours.

SPONGE CAKE PUDDING.

Take a sheet of home-made sponge cake and divide it lengthwise into three parts; pour melted butter over each part and spread thick with grape or currant jelly; place the layers back into loaf form again, and pour melted butter over the top; set it into the oven to warm through. To be eaten with warm or cold sauce.

RHUBARB PUDDING.

Butter a pudding dish; cover the bottom with a layer of bread and butter, then put a layer of rhubarb, with a plenty of sugar, (the rhubarb should be cut in small pieces and put in uncooked), next a layer of bread and butter, and so on, until the dish is full having the bread and butter on top; pour half a teacupful of water over the whole. Bake half an hour. To be eaten warm, not hot.

ROLY POLY PUDDING.

Make a biscuit dough with a quart of flour, two large teaspoonfuls of Lewis' Condensed Baking Powder, sifted into the flour, two tablespoonfuls of chopped suet, sweet milk to make into a dough, a little salt. Roll into an oblong sheet, a little more than a quarter of an inch thick, and spread thickly with fruit, (berries, chopped apples, sliced peaches, or other fruit, jam preserves, canned fruit or marmalade may be substituted for the berries); in putting this in leave an inch at the edges uncovered; roll it up tight, lap the edges over to prevent the escape of the fruit, and sew it up in a bag, having first dipped the bag in hot water, and dredged it with flour. Put the pudding into boiling water and boil an hour and a half. Serve with wine or fruit sauce, and cut crosswise in slices half an inch thick. •

YORKSHIRE PUDDING.

Take six heaping tablespoonfuls of flour, mix it with just enough milk to make a smooth batter rather stiff, add three eggs well beaten, one teaspoonful of salt and some more milk, using in all one and a half pints, beat it well and pour it into a shallow tin that has been well buttered; bake it an hour, and place it under roasting meat to catch up the dripping, or keep it in the oven for ten or fifteen minutes, basting it frequently with the beef juice and dripping which ran out of the beef; a hot oven, well beaten batter, and serving it quickly, are the secrets of a good Yorkshire pudding.

CHOCOLATE PUDDING.

One quart of sweet milk, three ounces of grated chocolate; scald the milk and chocolate together, and when cold add the yolks of five eggs and one cup of sugar. Bake about twenty-five minutes; beat the whites of the eggs with some powdered sugar, pour over the top; brown in the oven and eat cold.

CHOCOLATE PUDDING, No. 2.

Half a pound of grated chocolate, two cupfuls of sugar, three good sized potatoes, boiled and grated, eight eggs beaten, yolks and whites separately, a teaspoonful of vanilla. Bake in a good oven.

FIG PUDDING—BOILED OR STEAMED.

One-half a pound of bread crumbs, quarter of a pound of flour, two teaspoonfuls of Lewis' Condensed Baking Powder, a teaspoonful of salt, quarter of a pound of suet, the juice and rind of one lemon, one cup of milk, three eggs, one pound of figs, one gill of wine and brandy mixed, nutmeg or other spice, two ounces of sugar. Chop the suet and figs very fine, then mix them with the flour and bread crumbs; add the other ingredients. Boil in a mould or pudding-bag four hours; to be eaten with wine sauce.

FIG PUDDING, No. 2.

Half a pound of bread crumbs, half a pound of figs, six ounces of suet, six ounces of brown sugar; mince the figs and suet nicely; two eggs, well beaten, a little salt and nutmeg, half a teaspoonful of soda, and enough milk to moisten it. Boil in a mould three hours. Serve with wine sauce.

INDIAN PUDDING—BOILED.

Scald ten tablespoonfuls of meal in three pints of milk; add half a pint of molasses, quarter of pound of beef suet and a teaspoonful of salt; put in two beaten eggs when the meal is cool; add a teaspoonful of ginger and a little cinnamon if you wish. Leave plenty of room in the bag, as it will swell considerably. It will take four hours to boil; but the longer boiled the better.

EVE'S PUDDING—BOILED OR STEAMED.

Pare and chop very fine six large apples; take six ounces of bread crumbs, six ounces of sugar, six ounces of suet, six ounces

of currants, six eggs, beaten very light, two tablespoonfuls of flour, a grated nutmeg, and a teaspoonful of powdered cinnamon. Mix all well together, and boil or steam three hours.

GROUND RICE PUDDING.

Chop very fine two ounces of almonds and a little lemon peel; put them into a sauce-pan with a pint of milk and three tablespoonfuls of sugar; when this begins to boil stir in slowly a large cupful of ground rice, and let it boil ten minutes, stirring the whole time. Pour into a mould, and when cold turn out. Put two ounces of white sugar in a pan with a little water; stir until melted and become a light golden brown; add a pint of milk; bring this to a boil, then strain it, and add the yolks of four eggs; put all on to the fire and stir until it thickens; when cold pour around the pudding.

PUDDING, WITH THE REMAINS OF PLUM PUDDING.

Line a mould with the slices of a cold plum pudding, cut so that they will fit closely together; fill the inside with ice cream of any kind and pack it in ice.

ANOTHER.

Line the mould as above, and fill with a sufficient quantity of gelatine or wine jelly. Set it in a cool place to stiffen. Turn out on a dish with brandy sauce on the bottom.

PARADISE PUDDING.

Three eggs, three apples, a quarter of a pound of bread crumbs, three ounces of sugar, three ounces of currants, salt and nutmeg, half a teaspoonful of soda, the juice of one lemon and grated rind of half, half a wineglass of wine or brandy. Chop the apples after they are pared and cored; mix with the other ingredients. Pour into a buttered mould and boil one hour and a half.

COLD DISHES FOR DESSERT.

NEW JERSEY BLANC MANGE.

Into three pints of sweetened cream (or milk), put one ounce of Russia isinglass and a little salt; place it over the fire and stir the isinglass until dissolved; then *boil* it well; it will not taste so rich

if only scalded. Flavor and strain into a pitcher, stand the pitcher where it will keep hot and all the sediments will settle; pour carefully into forms, that the sediments may not darken the ornaments. If peach water, or almond, is used for flavoring, put it in after boiling. The peel of a lemon and stick cinnamon boiled together in milk is a very pleasant flavoring.

IVORY BLANC MANGE.

Soak one ounce of gelatine for ten minutes in a little cold milk; boil one quart of milk and pour over the gelatine and stir it constantly until it is all dissolved; it may be placed in the dish and set on top of a boiling tea-kettle for a few minutes; remove it and add a small cupful of sugar and two tablespoonfuls of sherry wine. Strain into porcelain moulds.

ENGLISH BLANC MANGE.

Four tablespoonfuls, or three ounces, of corn starch to one quart of milk, two eggs. Dissolve the corn starch in a little of the milk, then add the eggs; put into the remainder of the milk four tablespoonfuls of sugar, a little salt, a little lemon rind, or stick cinnamon, and heat to nearly boiling; then add the mixed corn starch and boil (stirring briskly) for four minutes; take out the rind and pour the blanc mange into moulds and set it away to cool. When turned out, pour around it any kind of stewed or preserved fruits, or a sauce of cream and sugar.

FARINA BLANC MANGE.

Take four tablespoonfuls of farina to a quart of milk; mix the farina with a little cold milk and add two or three eggs, if preferred; boil the milk and stir in the farina; or, the farina may be stirred into the milk dry and boiled until it thickens. Flavor, when done, and put into moulds.

SAGO, OR TAPIOCA BLANC MANGE.

Take a cupful of tapioca, or sago, and put it into a pint of cold milk to soak, after having washed it in cold water and poured off the water; boil a pint of cream, or rich milk, (after the sago, or tapioca, has soaked three or four hours) and pour over it; beat it thoroughly and add a cupful of sugar, if you like; put it on to boil and let it boil slowly for fifteen minutes, stirring constantly; flavor

...tter almond extract, and pour into moulds. Serve
sugar.

MARLEQUIN BLANC MANGE.

blanc mange with one ounce of Nelson's gelatine, one quart of milk, one cupful of sugar and any flavoring you choose. Soak the gelatine in a gill of the milk for half an hour; boil the remainder of the milk and pour over the gelatine, stirring it constantly until the gelatine is dissolved; then add the sugar and flavoring and strain it through a thin muslin. Divide this into four parts; beat a large tablespoonful of vanilla chocolate with a very little water, to make a paste; stir this into one part. Beat up the yolk of an egg and stir into another part; take a large tablespoonful of currant jelly and beat into a third, and leave the fourth uncolored. Keep them separate until they begin to chill and are a little stiff; then put them into a mould: the white first, then the pink, next the yellow, and then the brown. When the blanc mange is turned out this order will be reversed. Each part may have a different flavor: the chocolate, with vanilla; the pink, with strawberry; the yellow, with lemon; and the white, with almond, or peach.

CHOCOLATE BLANC MANGE.

To one quart of milk, take one ounce of Nelson's gelatine; soak the gelatine in a cupful of the milk for half an hour; then boil the remainder of the milk and pour over the gelatine, stirring it constantly until it is dissolved; beat the yolks of two eggs and add with a cupful of sugar and four tablespoonfuls of grated chocolate, dissolved in a little milk or water; return all to the fire and stir constantly for a few minutes, but do not boil. Turn into a deep dish and add the whites of the two eggs, beaten to a froth, and two teaspoonfuls of vanilla. Pour into moulds previously wet with cold water.

SPANISH CREAM.

Sift three tablespoonfuls of ground rice; add it to two of powdered sugar and mix it smoothly with two of orange flower water; then stir in gradually a pint of cream and stir the whole over a gentle fire, till of a proper thickness; then pour into a glass dish,

ITALIAN CREAM.

Put half a package of gelatine to soak in a little water; boil a pint of rich milk or cream and pour over the gelatine, when it is nearly dissolved, stirring it constantly until well mixed; add a cup of sugar and two teaspoonfuls of vanilla. When it has begun to chill and form a jelly, a few bits of red currant jelly, or grape jelly, may be dropped into it. The white of an egg may be beaten with some red jelly and put on top, instead of the pieces of jelly dropped in.

CHOCOLATE CREAM,

Soak one package of Nelson's gelatine in sufficient water to cover it one hour. Put a quart of rich milk or cream into a farina boiler or tin pail, set it in a kettle of hot water to boil. Scrape two ounces of chocolate and mix with half a pound of sugar; wet this with a little cold milk, and when thoroughly mixed, stir it into the boiling milk; then add the gelatine and the yolks of ten well-beaten eggs; stir three minutes, then take off and strain; set it in a pan of ice-water and stir for ten or fifteen minutes, then add two teaspoonfuls of vanilla. Put into moulds and set on the ice to cool. Serve with sugar and cream.

CHARLOTTE RUSSE.

One quart of rich cream, beaten to a froth with an egg beater; one-third of a package of gelatine dissolved in half a pint of milk; stir into the beaten cream, and sweeten to taste with pounded sugar; flavor with wine, brandy, or vanilla.

SPANISH CREAM FOR CHARLOTTE RUSSE.

Half a package of gelatine, soaked in a little milk to dissolve; when dissolved, take what remains of a quart of milk and put over the fire until it comes to boiling heat; then stir in the gelatine, one cup of sugar and the yolks of four eggs, well beaten; let it boil for a few minutes as for boiled custard. When cooked, set the kettle into a pan of ice-water to cool, and before it is cold stir in the whites of the four eggs, beaten to a froth, and two teaspoonfuls of vanilla. Beat the whole as long as you choose.

BOILED CUSTARD.

Take a quart of milk, heat to nearly boiling; beat the yolks of five eggs; take the milk from the fire and pour on a tablespoonful

or two of the milk at first, and add the rest gradually, five or six tablespoonfuls of sugar, and the whites of the five eggs, beaten very light, and a little salt; return it to the fire and stir until it thickens, but be sure and not let it remain too long on the fire; pour it into a pitcher as soon as you take it from the fire, and flavor it with two teaspoonfuls of vanilla, or any flavoring to suit. This should always be made in a farina kettle, or in a tin pail set in a kettle of water. The whites of two eggs may be beaten to a froth, with a tablespoonful of powdered sugar, for a meringue, to be placed on top of the custard.

ALMOND CUSTARD.

Scald a pint of rich milk; stir it gradually on to three well-beaten eggs, four tablespoonfuls of sugar, four ounces of almonds, blanched and pounded to a paste, a few at a time in a mortar, and mixed with two tablespoonfuls of rose water, or orange flower water, and a little salt. Return it to the fire and boil a few minutes, stirring it constantly until it thickens. Turn it into a pitcher, and when nearly cold fill the cups. Make a meringue of the whites of two eggs and two tablespoonfuls of powdered sugar; flavor with a teaspoonful of extract of bitter almonds.

ORANGE JELLY.

Dissolve half a package of gelatine in a little cold water; when melted sufficiently pour on a pint of boiling water, a cupful of sugar, the juice of five oranges and one lemon; stir constantly till all is dissolved. Strain it through a muslin bag; wet your moulds in cold water and pour in the jelly.

LEMON JELLY.

Make the same as for orange jelly, using four lemons instead of the oranges. This will make a pint and a half of jelly.

WINE OR CIDER JELLY.

Put a package of Nelson's gelatine in a pint of cold water to dissolve; then pour over it a pint and a half of boiling water; stir well, until it is thoroughly dissolved; then add two cupfuls of sugar, the juice of two lemons, and half a pint of wine or cider; strain through a jelly-bag and pour into moulds, having previously wet them in cold water. In cold weather a quart of boiling water may be used instead of a pint and a half, or a pint of wine may be used instead of half a pint.

MEMORANDA.

MEMORANDA.

APPLE PUFF.

Prepare some apples as for sauce; while hot, beat them up with a small quantity of butter and a very little sugar; lemon juice and sugar to taste; beat the whites of two eggs very light, with two spoonfuls of wine, one of cream, one of powdered sugar, and one of lemon juice; when beaten to a froth put it on the apples.

A BIRD'S NEST.

Take some nice eggs; allow one for each person; make a small hole at the end and let the contents of the egg run out; rinse the shells with cold water and fill them with blanc mange and set them in a box of flour or sugar, with the open end up, to cool: these should be made the day before they are wanted, or very early in the morning if wanted at night. Pare the yellow rind from some lemons, boil them in water till tender, then cut them in thin strips to resemble straw, and preserve them in sugar. Fill a deep glass dish half full of jelly; when it is *set*, but not *stiff*, arrange the strips of lemon peel on it in the form of a nest, and place the blanc mange eggs—having removed the shells from them—in the nest. Set it away to cool.

ICE CREAM, FROZEN PUDDING, Etc.

FROZEN PUDDING.

Lay in a pudding-mould slices of light cake, with jam, jelly or quince between; fill the mould about half full, leaving room for a frozen custard, or ice cream that is partially frozen. Pack in ice and salt.

FRUIT ICE CREAM.

Make a custard with a quart of milk, five eggs, a pound and a half of sugar, and a quart of cream. Scald the milk and pour it hot upon the yolks of the eggs and the sugar; beat the whites of the eggs to a froth and stir into the rest; return it to the custard-kettle for a few minutes to thicken. When cool beat in the cream and add a pint of any kind of fruit cut up very small or mashed. Bananas, peaches, pineapple or berries of any kind may be used. Put it into the freezer and pack in salt and ice as directed. The custard may be partly frozen before putting in the fruit, and it can then be placed in the mould and packed.

VANILLA ICE CREAM.

One quart of rich milk, eight eggs, yolks and whites, beaten separately and very light, two pounds of sugar, three pints of rich sweet cream—if real cream can be had less eggs may be used—two large tablespoonfuls of vanilla extract, or one tablespoonful of the powdered vanilla bean. Put the milk on to scald; beat up the yolks of the eggs with the sugar, and pour the scalding milk on to them; stir in the beaten whites of the eggs, and put the whole on to boil for a few minutes to thicken; pour it into a large pitcher to cool, and then beat in the cream and flavoring. Freeze as directed.

CHOCOLATE ICE CREAM.

One quart of cream, one pint of new milk, one pound of sugar, two eggs, five tablespoonfuls of grated chocolate. Heat the milk almost to boiling; beat the eggs, sugar, and chocolate rubbed smooth with a little milk, and pour the scalding milk over it. When cool add the cream and flavoring and pour into the freezer.

PINEAPPLE ICE CREAM.

Pare a ripe juicy pineapple; chop it up fine, and pound it to extract the juice; cover it with sugar, and let it lie awhile in a dish. When the sugar has entirely melted strain the juice into a quart of rich cream, and add a little less than a pound of loaf sugar. Beat up the cream and freeze it.

STRAWBERRY ICE CREAM.

Press and mash a quart of ripe strawberries and strain them through a thin muslin bag; beat into the juice a pound of sugar, very gradually, and slowly add a quart of cream. If the berries are very acid use more sugar. Freeze rapidly.

PISTACHIO ICE CREAM.

Take half a pound of pistachio nuts; scald, peel, and pound very fine with two tablespoonfuls of orange flower water. Boil a pint of milk and stir it into four eggs well-beaten, and a pound of sugar; put it on to the fire for a few minutes to thicken, then strain it into a bowl and add the nuts, and when cold, a quart of cream and two tablespoonfuls of spinach greening, mixed with a little of the cream. Pour into a freezer and freeze like other cream.

HARLEQUIN ICE CREAM.

Take equal parts of chocolate, pistachio, strawberry or vanilla ice cream; place them in layers in a mould or brick form; the white first, then the green or pink, and lastly the chocolate. When turned out of the mould the order will be reversed. Pack in ice and salt.

TUTTI FRUTTI ICE CREAM.

When a plain cream of any kind is partly frozen, crystallized fruit of any kind chopped fine may be added; having the same quantity of fruit as you have ice cream. Chopped citron, raisins, English currants, or any candied fruit may be used. Put into a mould and pack in ice and salt. It may be served with a whipped cream around it.

WATER ICES.

ORANGE WATER ICE.

Dissolve one pound of sugar in a pint of water; take the grated rind of one orange, and the juice of three or four, and the juice of one lemon. Strain and freeze as for ice cream.

ORANGE WATER ICE—RICHER.

Take a dozen fine juicy oranges; squeeze the juice and pour a little boiling water on the pulp to extract the juice; the juice of two lemons, and the grated rind of two oranges, one and a half pounds of sugar and a quart of water; strain and freeze. When about half frozen add the beaten whites of three eggs.

LEMON WATER ICE.

Half a pint of lemon juice, and the same of water, to which put one pint of syrup, the peel of six lemons rubbed off on sugar; strain, mix and freeze. Then mix up the whites of three eggs to a froth with a little sugar; when the ice is beginning to set, work this well into it and it will be very soft and delicious.

ROMAN PUNCH.

By adding half a pint of Jamaica rum, or any kind of liquor to the lemon ice, you can have a good Roman punch.

LEMON WATER ICE.

Rub on to loaf sugar the rind of several lemons; squeeze the juice of twelve lemons, add to it a quart of boiling water in which two pounds of sugar has been dissolved. One or two oranges may be added if you like. When partly frozen beat in the whites of several eggs beaten to a froth.

RASPBERRY AND CURRANT ICE.

One pint of raspberries, one quart of red currants, one pint of water, one and a half pounds of sugar. Squeeze out the juice from the fruit; mix with the sugar and water and freeze.

STRAWBERRY ICE.

Squeeze and strain two quarts of strawberries; add two pounds of sugar, the juice of two lemons, and a pint and a half of water; freeze.

Pineapple, cherry, or any other fruit ices are made in the same way.

SPINACH GREEN FOR COLORING.

Pick and wash the spinach free from dirt, and pound the leaves in a mortar to extract the juice; then press it through a hair-sieve, and put the juice into a small stew-pan or jar. Place this in a sauce-pan of boiling water and let it set. Watch it closely, as it should not boil, and as soon as it is done lay it in a sieve so that all the water may drain from it and the green will then be ready to use for coloring. If made according to this receipt the spinach green will be found far superior to that boiled in the ordinary way.

ANOTHER WAY.

Soak half a peck of fresh spinach in water, drain it dry, and pound it well; put it into a coarse cloth, and squeeze the juice into a small sauce-pan. When it is near boiling strain it; add a little fine sugar; stir it until the sugar is dissolved. When cold bottle it; it will keep for some time to use for coloring.

CHOCOLATE CUSTARD.

Beat up separately the yolks and whites of six eggs, add to the yolks when beaten, a cupful of sugar; beat up the whites and add to the yolks; dissolve a quarter of a pound of chocolate in a very little hot water—half a pint—add to it a pint and a half of cream;

give it one boil ; turn it on to the eggs, stirring it all the time. Put it into a pitcher, and place the pitcher in boiling water ; stir the custard constantly until it thickens. Flavor with vanilla, two teaspoonfuls to a quart.

CHOCOLATE CUSTARD, No. 2.

Three tablespoonfuls of chocolate, nine teaspoonfuls of corn starch, one quart of milk, two-thirds of a cup of sugar, flavoring to suit. Dissolve the corn starch and chocolate in a little of the milk ; put the remainder of the milk on to scald ; pour it over the corn starch, stirring it constantly ; set it over the fire a few minutes to thicken.

CANDIES.

MOLASSES CANDY.

Dissolve half a pound of sugar in a gill of vinegar ; stir it into one quart of good molasses ; set it on the fire, and let it boil until it hardens ; it may be tried by dropping a few drops on a plate and set to cool, or it may be dropped into cold water ; when it is thoroughly done, and just before removing from the fire, stir in a piece of butter—about a tablespoonful—and a teaspoonful of soda dissolved in a little hot water. Flavor and pour into flat tins, that have been well buttered or oiled with very nice sweet oil. When partly cool, mark into squares ; or it may be pulled white by oiling the ends of your fingers for that purpose. If a quarter of a pound of almonds, blanched and pounded a little, are added before the candy is taken from the fire, you can have a very good nut candy.

SUGAR CANDY.

Three large cups of sugar (or a pound and a half), half a cupful of vinegar ; fill the cup with water ; mix these together and boil without stirring for half an hour, or until it is done ; this can be known by trying a few drops in cold water. When done add a teaspoonful of butter and a small pinch of soda. It may be pulled white with the tips of your fingers. Lemon juice may be used in place of the vinegar, and you have then a fine lemon candy ; or any other flavoring may be used.

CHOCOLATE CARAMELS.

Take half a pint of rich milk and put it to boil in a porcelain kettle; scrape down a square and a half of chocolate, put it into a very clean tin cup and set it on top of the stove till it becomes soft. Let the milk boil up twice, then add gradually the chocolate and stir both over the fire till thoroughly mixed and free from lumps. Stir in half a pound of white sugar, and four large tablespoonfuls of molasses; let the whole boil fast and constantly (so as to bubble), for at least one hour or more, till it is nearly as stiff as mush. When done add two teaspoonfuls of extract of vanilla, and pour the mixture into shallow tin pans that have been slightly greased with very nice sweet oil. When partly cold, mark it deeply in squares with a knife. Set it on ice or in a very cool place, and when quite hard cut the squares apart. If it does not harden well, it has not been boiled *long* enough or *fast* enough.

CHOCOLATE CARAMELS, No. 2.

One cup each of grated chocolate, milk, molasses and brown sugar; a lump of butter the size of a pigeon's egg. Boil until it drops hard; pour it into a buttered pan and mark off in squares. Flavor if you choose.

CHOCOLATE TAFFY.

Boil one cupful of milk; dissolve a quarter of a pound of chocolate in a tin cup over the fire and stir it into the milk; add three cupfuls of sugar, two cupfuls of molasses; let it boil constantly until it is done—it may require an hour—then stir in a piece of butter the size of an egg, and a pinch of soda. Pour into buttered pans and mark into squares. Set to cool.

CHOCOLATE CREAM DROPS.

Two cupfuls of powdered sugar dissolved in half a cupful of water; boil it about five minutes, and then beat it until it comes to a cream; make into balls and dip them into chocolate that has been dissolved by scraping the chocolate in a dish and setting the dish in hot water until the chocolate is dissolved. Flavor to suit.

PEPPERMINT DROPS.

Mix one pound of powdered and sifted loaf sugar with the whites of three or four eggs; add ten or twelve drops oil of peppermint; beat well and drop on writing paper.

SPICED CHOCOLATE PASTE.

Half a cake of chocolate, two cupfuls of white sugar, two teaspoonfuls of cinnamon, scant teaspoonful of cloves, quarter of a teaspoonful of ginger, a tablespoonful of vanilla extract. Keep the chocolate in the oven for ten minutes, then add the sugar and boil it, then the spice and flavoring. This is good for either roll or larger cakes.

SYRUP FOR CRYSTALIZING FRUITS, &c.

Put four pounds of loaf sugar in a porcelain preserving kettle; beat up the whites of two eggs very stiff, and stir into them one quart of cold water; pour this into the sugar and set it on the back of the range; stir until it boils; skim well. If it rises to the edge of the kettle pour in a little cold water. Boil until it hardens on the spoons and flies off in threads when lifted from the kettle.

CLEANING AND COOKING DRIED FRUIT.

Fruit that is dried, or cured, in a kiln is much better protected from dirt than when dried in the ordinary way, because dust and insects can have little or no access to it, and for this reason fruit thus dried requires less washing and loses less of the juice and richness. But whatever the mode of curing it, all dried fruit should be carefully picked over and thoroughly washed before it is put to soak. If dried out doors the strictest care cannot keep it perfectly clean, and flies, wasps and all winged insects will intrude and make the washing indispensable. But it is a great mistake to put fruit into water and leave it, under the impression that it must soak awhile before the dirt can be all washed off. Put the dried fruit into a pan of tepid water and wash thoroughly, but rapidly. Rub it with the hands briskly and take it from the water as soon as possible, leaving it to drain a short time before putting it in soak for the night. If dried fruit is thus speedily washed, it loses very little, if any, of its flavor. All dried fruit requires to be soaked an hour or two, and usually all night, before ready to be cooked. If it is put on to cook without soaking, it will be hard and tough; but use only water enough to cover it, or no more than will be needed to cook it in. If too much water is used it will make the fruit, when cooked, insipid and tasteless. Not a drop of the water in which it was soaked can be spared. Half of the best juices of the fruit will be found in this water, but if cooked in it and properly

looked after, they will be so united as to be both alike good. No sweetening should be added to the fruit until it is perfectly soft, else the sugar will make the sauce quite hard and unpalatable; but when the fruit has swelled to its natural proportions and is as tender as if just gathered, then put in whatever sweetening is needed and leave it to simmer till the juice is like a rich syrup and the fruit is thoroughly seasoned by it. In preparing citron, raisins, or currants for cake, or pies, almost every cook has her own peculiar ideas and will follow them, sometimes unwisely, if the mistress does not interfere. Citron, having a large smooth surface, requires less attention than smaller fruits which become quite shriveled when dried, and in these wrinkles dust and dirt find good hiding places. The citron can be wiped off with a damp cloth before slicing it up, or well brushed, if it has lint, or dust, adhering to it; or, if it does not look clear, it can be scraped gently with a knife. Raisins, both the large bloom raisins and the stoneless, or sultana, should be picked over carefully, removing all the stems and dirt that can be done with the fingers, and then, by taking them a few at a time in a clean linen cloth, if not extremely dirty, they can be rubbed quite clean without washing, and if done with care, will be perfectly fitted for use. But the Zante currants are much more filthy than any of the dried fruits to be found in our market. They are usually matted together, and straws, hairs, or almost every kind of dirt so closely blended with them, that we know of no way by which currants can be made passably clean but by washing: they need to be first rubbed in the hands, so as to separate them and rub out the loose dirt; then put into a bowl of water not many at a time and well and quickly rubbed; then, as fast as possible, put each mess into a colander to drain. To be sure, some of the sweetness and flavor is lost, but we lose much dirt, also. Zante currants are so dirty and mussy looking that it never seems possible to get them so clean but that they retain, even when in pies and cake, an earthy, dirty taste. We never feel tempted to use them, but think washing is the only way to make them clean enough to eat.—*Mrs. Beecher, in Christian Union.*

HOW TO DRY FRUIT.

Pare and core peaches, pears, quinces or citron; make a syrup flavored with lemon peel; boil the fruit till done; drain it in a colander and spread on dishes; place in the sunshine or a good

ately heated oven until nearly dry. Sprinkle with loaf sugar, dry a little more, then pack them in boxes and put them in a cool place. Citron must be boiled in clear water till you can pierce it with a fork, and drained through a colander before it is put into the syrup; then let it boil until it is clear. Pour boiling water on the lemon rind and let it stand over night before flavoring the syrup with it, and it can be dried with the fruit.

HOW TO CRYSTALIZE FRUIT.

Pick out the finest of any kind of fruit, leave on their stalks, beat the whites of three eggs to a stiff froth, lay the fruit in the beaten egg with the stalks upward, drain them and beat the part that drips off again, select them out one by one and dip them into a cup of finely powdered sugar; cover a pan with a sheet of fine paper, place the fruit inside of it, and set it in a cool oven; when the icing on the fruit becomes firm pile them on a dish and set them in a cool place.

HOW TO KEEP GRAPES.

Take boxes the size of candle boxes; nail pieces across the ends to lay slats on; put in the bottom a newspaper; have ready a dish of hot, scalding wax, and dip the ends of stems in this; put a layer of grapes in the box carefully, then a paper, then grapes again, and so on till full, not more than three layers in a box; nail up tight; keep in a cool, dry place until cold weather; then place in a dry cellar. Grapes put up in this way will keep till March.

ANOTHER WAY.

Pick when thoroughly ripe, and after the end of the stem next to the wood has become perfectly ripe, hardy and woody, so as not to bend, allow them to remain in bulk in the open air two or three days to sweat, and then put in boxes, a layer of perfect grapes alternately with a layer of good clean cotton. The lids of the boxes are then to be put on and left partly open. Place in a dry, cool room, where an equable temperature is secured. Grapes that ripen late are best kept in this way.

ANOTHER WAY

Is to take the grapes when perfectly ripe and dry, and pack well in ground cork, like the foreign grapes.

TO PUT UP FRUIT IN GLASS JARS OR CANS.

Fill the jar with fruit, make a syrup of sugar, pour it into the jar before the fruit is cooked at all; fill the jar with the syrup up to the neck of it. Now take the rubber off the neck of the jar, put on the cover, then set the jar in a kettle of cold water up to the neck of it. The jars are liable to break if they stand *flat* on the bottom of the kettle while boiling; to avoid that, fill the bottom of the kettle with straw or hay, or put a stand of iron or wire in the kettle. Put a cover on the kettle and boil according to directions. Take the jar out, put on the rubber, fill the jar full with boiling water, and seal up *immediately*. After standing two hours tighten up the collar, and set them away in a dark, cool place. Select only sound fruit for preserving. Pears and peaches should be dropped into cold water after paring to prevent them changing color.

ANOTHER WAY.

Put into a porcelain lined preserving-kettle enough to fill two quart jars. Make the syrup according to directions below and cook the fruit. When the fruit is sufficiently cooked put it boiling hot into the jars; fill up with boiling syrup and seal immediately. To prevent the jars from breaking, put warm but not hot water into the jars and let it remain until ready to fill with preserve; then pour out the water, set the jar on a towel that has been wrung out of boiling water, (or as hot as it can be handled); wrap this around the jar and fill with the scalding hot preserve; fill full with hot syrup or fill up with boiling hot water and screw the top on immediately. Let the towel remain (or put a dry towel around the jar) until it is cool; this is to prevent the cold air from striking the jar while it is hot, when it is liable to break. If these directions are followed there will be no danger of breaking unless a jar is imperfect. I have used jars in this way for ten years, and find them much better than tin cans. The amount of sugar to a quart should be:

For cherries, six ounces. Boil moderately, eight minutes.

For raspberries, four ounces. Boil moderately, eight minutes.

For blackberries, six ounces. Boil moderately, eight minutes.

For strawberries, eight ounces. Boil moderately, eight minutes.

For whortleberries, four ounces. Boil moderately, eight minutes.

For rhubarb, sliced, ten ounces. Boil moderately, ten minutes.

For Bartlett pears, (in halves), six ounces. Boil moderately, twenty minutes.

For small pears, whole, eight ounces. Boil moderately, thirty minutes.

For peaches, whole, four ounces. Boil moderately, twenty minutes.

For peaches, in halves, four ounces. Boil moderately, ten minutes.

For grapes, wild, eight ounces. Boil moderately, ten minutes.

For ripe currants, eight ounces. Boil moderately, six minutes.

For plums, eight ounces. Boil moderately, ten minutes.

For pineapple, six ounces. Boil moderately, fifteen minutes.

For crab apple, whole, eight ounces. Boil moderately, twenty-five minutes.

For sour apple, quartered, six ounces. Boil moderately, ten minutes.

For quince, ten ounces. It should first be scalded in clear water, in a covered vessel, until tender, then put them into the jars with *care* (to prevent them from falling to pieces). Fill up the jar *immediately* with boiling syrup, and seal as above. To ascertain whether the sealing is perfect or not, try the collar after the jar has been sealed about two hours, and if it is loose screw it up tight.

For tomatoes; skim, slice, or fill them into the jar whole; pack them into the jar up to the neck. Then boil the whole twenty minutes; take them out of the kettle, fill from one jar into the rest so as to have them *full*, and seal up as directed; or, if preferred, *stew* them first, and fill the jars while hot.

MARMALADES.

QUINCE MARMALADE.

Pare, core and quarter some of the inferior quinces, and boil them (the cores and peel) in as much water as will nearly cover them, until they are soft and begin to break; this will take a long time, and there is a great deal of jelly in the core; strain the juice from them, and for the marmalade put half a pint of it to each

pound of fresh quinces; in preparing these be careful to cut out the hard portions around the core; simmer them gently until they are very soft, then press them with the juice through a coarse sieve; put them into a clean pan and boil until they form a dry paste; add for each pound of quinces, and the half pint of juice, three-quarters of a pound of sugar, finely powdered, and boil the marmalade for half an hour, stirring it constantly. It should be very firm and bright in color. If made shortly after the fruit is gathered, a little more sugar will be required; and when a richer and less dry marmalade is liked, it must be boiled a shorter time, and an equal weight of fruit and sugar used.

APPLE MARMALADE.

Take good tart apples, remove the skins and cores, and cook in as little water as possible, letting it simmer slowly to a thick pulp. Then to each pint bowlful of the pulp, take one pound of sugar, and melt it in as little hot water as possible, and boil to a thick syrup; then add it to the pulp. Stir them well together and boil for ten or fifteen minutes very slowly. When nearly cool put it into dishes, but do not cover them until the marmalade is perfectly cold. It should be cut into thin slices when served. Quince marmalade made in this manner is very delicious, and if half apple and half quinces are used the flavor is very fine.

ORANGE MARMALADE.

Take sour oranges, twelve pounds; granulated sugar, twelve pounds; pare the oranges in the same manner that you do apples; cover the parings twice their depth with cold water; boil until tender; then drain; halve the oranges crosswise, press out the juice and soft pulp; cover the white skins with three quarts of cold water and boil half an hour; strain the water into the orange juice, and pound the skins through the colander until you have two and a quarter pounds of pulp; add this also to the juice; cut the yellow rind, with scissors, into fine shreds; add it to the juice and boil ten minutes; add the sugar and boil until it thickens.

PINEAPPLE MARMALADE.

To every pound of grated pineapple allow a pound of double refined loaf sugar. Boil until thick, then pack in tumblers, and paste over them papers wet with the beaten whites of eggs. Keep in a dry cool place until wanted.

PINEAPPLE MARMALADE, No. 2.

Pare off the rind and cut into small pieces; have the same weight of sugar as fruit; put one-third of the sugar to the fruit; let it stand over night, so as to extract the juice. Boil it on the following day for a short time; let it stand for two or three days; then repeat the boiling with another third of the sugar. Let it stand again another day or two, then boil it clear with the remainder of the sugar. The juice of a lemon, if added, gives to the marmalade an agreeable acid.

PEACH MARMALADE, OR JAM.

The fruit for this preserve must be perfectly ripe and sound. Pare, stone, weigh, and boil it quickly for three-quarters of an hour, stirring it often; take it from the fire and stir into it ten ounces of sugar for each pound of the peaches; clear it carefully from the scum and boil it briskly for five minutes; add the strained juice of one or two good lemons; continue the boiling for three minutes only, and pour out the marmalade. Two minutes after the sugar is stirred into the fruit add the blanched kernels of part of the peaches.

JELLIES.

CALVES' FEET JELLY.

Boil a set of four calves' feet in one gallon of water down to half gallon, or six hog's feet in two gallons down to one; strain it through a cloth and set it to get cold; when cold skim off all the fat and wipe with a dry towel; break the jelly up and add to it the whites of seven eggs, one quart of clear wine (some substitute one pint of old Jamaica rum and one pint of wine), one and one-quarter pounds of sugar, and lemon juice to taste; then have a double flannel bag ready to use when it shall have boiled half an hour by the watch; take care to mix all the ingredients together thoroughly, and do not touch it after it begins to boil, or it will not be clear; do not use the shells of the eggs; the rind of the lemon may be boiled in jelly, and when poured into the bag also

put a seton spoon in the bottom of the bag ; beat the whites of the eggs a little ; wet the moulds with cold water before using ; put in a cold place to harden. This is better commenced two or three days in advance of using.

CURRENT JELLY.

Take ripe cherry currants, place on the fire to get thoroughly heated. When cool enough strain through a coarse crash towel till the seeds are dry. Measure the juice into a clean porcelain kettle, let it boil five minutes hard, then pour over the sugar, which has been previously measured into a stone jar large enough to hold sugar and juice. Stir constantly while pouring on the syrup, and from the bottom, till every particle of sugar is dissolved. Use granulated sugar, one pound to a pint of juice. Have the jelly glasses all ready as the jelly often forms while stirring. This makes splendid clear jelly, very firm, and will keep two years. Make it about the 4th of July.

CRANBERRY JELLY.

Carefully wash and pick over two quarts of cranberries ; add one pint of cold water, and place them in a porcelain-lined sauce-pan over a quick fire ; stir occasionally, and when the berries are soft mash them thoroughly with a spoon, and strain them ; bring to a boil, and then add a quart bowlful of granulated sugar ; boil ten minutes, and then pour into moulds. The berries should not be on the fire more than twenty-five minutes, as the more quickly they are done the more brilliant the color of the jelly will be. Cool the mould with cold water before using.

CRAB-APPLE JELLY.

Cut in halves and boil in water till soft ; two quarts of water to half a peck of apples ; strain and add one pound of sugar to one pint of juice ; boil twenty-five minutes.

CIDER JELLY.

Soak half a box or one ounce of gelatine in a quart of sweet cider for ten minutes ; add a small cupful of quince or crab-apple jelly ; chop fine, and place the pan over the fire until all is dissolved ; then add a small cupful of white sugar while hot. Strain into metal moulds previously wet to prevent it sticking.

SAGO JELLY.

Take a teacup of sago and boil in three pints and a half of water; when cold add half a pint of raspberry syrup; pour the whole into a shape which has been rinsed in cold water, and let it stand until sufficiently set to turn out well. When dished pour a little cream around it if preferred.

PRESERVES.

PRESERVED PEACHES.

Pare the peaches, cut them in halves, and remove the stones; allow one pound of granulated sugar to one pound of peaches; crack one-quarter of the stones, extract the kernels and blanch them; boil in just water enough to cover them; boil until soft; let them steep in a covered bowl until needed; place the peaches and sugar alternately in layers in a porcelain kettle; let it warm up slowly, then strain the kernels and add the water (the kernels may also be added if desired); let them boil slowly until the peaches are clear and tender; it takes about half an hour; then skim them out carefully and lay them upon large flat dishes; boil the syrup until it is clear and thick, about fifteen minutes; skim thoroughly as fast as the scum rises; fill jars two-thirds full of the cold preserved peaches; pour on the boiling syrup; when cold place brandied tissue paper on top, and seal the jars up tight.

BRANDIED PEACHES.

To every pound of peeled peaches allow half a pound of sugar; to every pound of sugar add one gill of water for the syrup; let it come to a boil; put in one layer of fruit at a time; boil five minutes, then boil the syrup for fifteen or twenty minutes; drain off the reddish liquor that oozes from the peaches and do not add it to the clear syrup. Put the peaches into glass jars that have been heated with hot water; pour over the hot syrup, allowing a cupful of white brandy to two of the syrup, and seal at once. This is very good but I think it better to make a separate syrup to cook the fruit in; you cannot cook fruit in a syrup long enough for it to

become soft without some particles of the fruit boiling off, and the syrup will not be perfectly clear. [See directions for Brandied Peaches in First Part.]

BRANDIED PLUMS OR PEARS.

Put up in the same way as for peaches.

CHERRIES, OR ANY SMALL FRUIT,

May be put up in the same way.

GREEN TOMATO PRESERVE.

Seven pounds of small green tomatoes—pierce each with a fork—seven pounds of sugar, one ounce of ginger root and one of mace, four lemons; make the syrup and put the tomatoes in and boil until clear; skim them out and put upon dishes to cool; boil the syrup thick and pour on to the tomatoes in the jars; when cool seal up for use.

TOMATO FIGS.

Take six pounds of sugar to one peck (or sixteen pounds) of the fruit; scald and remove the skin in the usual way; cook them over the fire, their own juice being sufficient without the addition of water, until the sugar penetrates and they are clarified; take them out, spread on dishes, flattened, and dry in the sun; a small quantity of the syrup should be occasionally sprinkled over them while drying; after which, pack them down in boxes, treating each layer with powdered sugar; the syrup is afterward concentrated and bottled for use. They keep well from year to year, and retain surprisingly their flavor, which is nearly that of the best quality of fresh figs. The pear shape or single tomatoes answer the purpose best. Ordinary brown sugar may be used, a large portion of which is retained in syrup.

TO KEEP TOMATOES.

In order to preserve tomatoes through the year it is not necessary to resort to the expense of canning them. If stewed in the ordinary way, but without butter or crackers, only a little salt and sugar, they can be put into jugs, two quarts or a gallon, according to the size of the family, and if corked up tightly, and put in a cool place, they will keep for a year. To make assurance doubly sure, some melted wax may be poured around the corks.

MEMORANDA.

MEMORANDA.

TOMATO BUTTER.

Seven pounds of ripe tomatoes, three pounds of light brown sugar, one cupful of vinegar, stick cinnamon; boil slowly five or six hours.

HAZEL NUT BUTTER.

Scald and blanch some hazel nuts; pound them to a paste in a mortar, adding gradually a small quantity of butter. This is good to eat with wild fowl, or to flavor the most delicate sauces.

APPLE BUTTER.

Pennsylvania is famous, among other things, for apple butter, or "strong apple sauce," as it is called in New England, and a Pennsylvania farmer's wife tells the *Germantown Telegraph* how she makes it, as follows: Take thirty gallons of sweet cider, that just from the press is to be preferred; boil it down to one-third of the quantity, then add altogether about two bushels of pared, quartered and cored sweet apples, about one-third at a time, judging as to the quantity of apples; then stir the whole mass constantly with a long handled stirrer, reaching down to the bottom; this stirrer must be from four to five inches broad at the bottom, rounded a little to fit the bottom of the kettle, and have half a dozen or more half-inch holes bored through it. The mass must be kept boiling, and well stirred until the whole is reduced to, say, one-half of the original quantity of cider, assumes a dark color, and is perfectly smooth and palatable. For this purpose samples should from time to time be taken out and tasted. When done it should be put in jars, well tied over with paper, and then placed in a cool place. Otherwise it may "work" and lose a great deal of its value.

CAKE.

LOAF CAKE.

Half a pound of butter, three-quarters of a pound of sugar, five eggs, one small cup of molasses, one of sweet milk, nutmeg, clove or any spice to taste, two teaspoonfuls of Lewis' Condensed Baking Powder, one good pound of flour, one and a half pounds of fruit,

after it is prepared. Bake in a moderate oven and frost if you choose. It will keep for two or three weeks.

CORN STARCH CAKE.

One cup of sugar, small half cup of butter; beat these to a cream, then add the yolks of two eggs, one cupful of flour, half a cupful of milk, half a cupful of corn starch, one and a half teaspoonfuls of Lewis' Condensed Baking Powder in the flour, the whites of two eggs; flavor with lemon or vanilla.

CHOCOLATE CAKE.

One pound of flour, half a pound of butter, three-quarters of a pound of sugar, five eggs, half a pint of milk, two teaspoonfuls of Lewis' Condensed Baking Powder, two teaspoonfuls of vanilla. Beat the sugar and butter to a cream, then add the eggs, yolks and whites beaten separately, then the milk, and lastly the flour with the baking powder sifted into it, and then the flavoring. Bake in a moderate oven on a flat pan. Half this quantity will make a good sized cake.

FOR THE FROSTING—Half a pound of powdered sugar, six teaspoonfuls of chocolate, scraped and sifted fine, the whites of two large eggs. Beat the eggs to a froth, add very gradually the sugar and chocolate. After the cake has been taken from the oven let it stand to cool for half an hour, then spread very thin, the chocolate frosting on top of it, and return it to a cool oven for ten or fifteen minutes to harden. Leave the oven door open.

SPONGE DROPS.

Three eggs, one and a half cups of sugar, half a cup of cold water, two cups of flour in which a heaping teaspoonful of Lewis' Condensed Baking Powder has been sifted. Separate the yolks of the eggs from the whites; beat the yolks of the eggs, add the sugar gradually, then the water and a part of the flour, then the whites of the eggs and the remainder of the flour; flavor with lemon. Drop a teaspoonful in buttered muffin rings, or earthen cups, and bake in a quick oven.

DELICATE CAKE.

One cupful of sugar, a piece of butter the size of an egg, the whites of five eggs, one cupful of flour in which one heaping teaspoonful of Lewis' Condensed Baking Powder has been sifted; flavor with bitter almond. Bake quickly.

CREAM CAKES.

One pint of *boiling* water; stir in one cupful of butter, quickly, then add two good sized cups of flour; take off to cool; lastly, add five well beaten eggs. Drop on tins and bake.

FILLING FOR CREAM CAKES.—Half a pint of boiled milk; mix two tablespoonfuls of flour with a little cold milk, one egg and half a cupful of sugar; stir into the hot milk and boil until it thickens. Flavor with lemon, or vanilla. When the cakes are baked, cut open and fill with this mixture.

CREAM CAKES, No. 2.

Half a pint of boiling water, half a cupful of butter, one pint of flour, yolks of four eggs, whites of five. Mix as above. Drop half a spoonful in a cake, two inches apart; bake forty minutes. These are nice glazed with chocolate and filled with strawberry, or raspberry preserve.

SPONGE CAKE.

Two cupfuls of pulverized sugar, two cupfuls of flour, six eggs, one teaspoonful of Lewis' Condensed Baking Powder in the flour, two tablespoonfuls of cold water; flavor with lemon and bake in a quick oven.

CRULLERS.

Three-quarters of a pound of granulated sugar, half a pound of butter, five or six eggs, one cupful of milk, a pinch of salt, half a teaspoonful of soda in the milk, a teaspoonful of vanilla extract, nutmeg to taste, three pounds of flour sifted. Mix butter, sugar and part of the milk to a very creamy batter; then the eggs, rest of the milk and flavoring; then some of the flour, and beat till very light, adding the flour till very stiff; then with the hands knead in nearly all the flour, reserving a little for flouring the pastry board; cut off a lump of dough, roll out half an inch thick and cut in pieces three inches long and two wide, and twist in fancy shapes; drop a few at a time in boiling hot lard; sift powdered sugar over them. This quantity requires nearly four pounds of lard to cook them. Keep the fat boiling; slices of peeled white potato dropped in the fat absorbs the sediment from the dough that darkens the fat. Take the potato out, when black, and put in another piece. Half the quantity will make enough crullers for a small family.

DOUGHNUTS.

Make a sponge, using a quart of water and a cake of yeast and flour; let it rise till very light. It should be made about two or three in the afternoon of one day to be fried the forenoon of the next. When light, stir in a coffee cup of lard, two of white sugar, three mashed potatoes, or two eggs, (the potatoes are nicer,) and a small nutmeg, if you like nutmeg. Let it rise again until very light. Roll and cut, or pull off bits of dough, and shape as you like. Lay enough to fry at one time on a floured plate, and set it in the oven to warm. Drop the cakes into boiling lard, and fry rather longer than you would cakes raised quick with baking powder, or saleratus. The heating before frying is an important factor of the success.

DARK FIG CAKE.

Two cups of sugar, one cupful of butter, one cupful of water with a teaspoonful of soda dissolved in it; three cupfuls of raisins, chopped fine; cinnamon and nutmeg, four eggs, one pound of figs, flour enough to make as stiff as pound cake. Use the figs whole, covering them well with the cake to prevent burning. Bake in layers, frosting between each layer, Cut with a very sharp knife to prevent crumbling. This receipt makes two loaves.

WHITE FIG CAKE.

Two cupfuls of sugar, three-quarters of a cupful of butter, one cupful of milk, the whites of six eggs, one pound of figs chopped, one cupful of corn starch, two cupfuls of flour, with a heaping teaspoonful of Lewis' Condensed Baking Powder in the flour; flavor with lemon.

COCOANUT CAKE.

Half a cupful of butter, two cupfuls of sugar, whites of eight eggs, one cupful of milk, three and a half cupfuls of flour, two heaping teaspoonfuls of Lewis' Condensed Baking Powder; flavor to suit. Bake in jelly-cake pans. **FILLING**—One grated cocoanut, the whites of three eggs, three-quarters of a pound of sugar; beat the whites to a stiff froth, then beat in the sugar; put between the layers, and sprinkle the cocoanut thickly over; cover the top and sides also with the icing and cocoanut; place it whole on the table, and if not all eaten, wrap the remainder in a thick damp cloth, and keep in a cool place.

RIBBON CAKE.

Half a cupful of butter, one cupful of sugar, three eggs, half a cupful of sweet milk, two cupfuls of flour, one and a half teaspoonfuls of Lewis' Condensed Baking Powder. Beat the butter and sugar, add the eggs, then the milk, and lastly the flour. Take one cupful of this mixture; add to it one large tablespoonful of molasses, half a teaspoonful of cinnamon, quarter of a teaspoonful each of cloves, nutmeg and allspice, quarter of a pound of shred citron, half a cupful of raisins, the same of currants, quarter of a pound chopped walnuts or almonds. Bake in two shallow pans, or put a layer of the dark cake, then a layer of the white cake in the same pan.

BLACK CAKE.

One pound of butter, one and a half pounds of *browned* flour, one pound of sugar, twelve eggs, one cupful of molasses, one glass of brandy, one teaspoonful of soda, four pounds of fruit, after it is all prepared; raisins, currants and citron; spice to the taste. Bake about three hours in a slow oven.

ORANGE CAKE.

Two cupfuls of sugar, four tablespoonfuls of butter, four eggs, half a cupful of sweet milk, two and a half cupfuls of flour, two teaspoonfuls of Lewis' Condensed Baking Powder in the flour, juice and pulp of one orange; bake in jelly tins; save out two whites of eggs for frosting, and sprinkle the grated orange peel on it.

NUT CAKE.

Two cupfuls of sugar and one of butter, well rubbed together; four eggs, yolks and whites beaten separately; one cupful of cold water, three cupfuls of flour, with two teaspoonfuls of Lewis' Condensed Baking Powder sifted with it; two cupfuls of hickory-nut meats; flavor with vanilla or bitter almond.

EASTER BUNS.

Boil a little saffron in a small quantity of water, strain and cool it; make a sponge of a quart of flour and warm milk, to which you have added a sufficient quantity of the saffron water to make the dough yellow; adding one gill of yeast or one small cake of compressed yeast dissolved; set to rise in a warm place, covered;

when *very light indeed*, beat into it half a pound of granulated sugar, and a quarter of a pound of butter, rubbed to a cream; four eggs beaten very light, a tablespoonful of salt, half a nutmeg grated; mould into a soft dough and let it rise again; when as light as possible, roll out in a middling thick sheet, and cut in round cakes with a cutter; bake on flat tins, well buttered; they must be let stand until very light, after they are cut out, before putting them into the oven; while hot, wash over with milk, in which you have put a little sugar; make an icing with the white of one egg and powdered sugar, and with it form a large E in the centre of each bun. A few currants may be sprinkled into the dough if you like.

JELLY CAKE.

Take the whites of six eggs, one cupful of white sugar, one teaspoonful of butter, two tablespoonfuls of sweet milk, one cupful of flour, one tablespoonful of Lewis' Condensed Baking Powder in the flour; flavor to taste. Bake in a large oblong dripping-pan, so the cake will be *very thin*; meanwhile stir another batch, making just the same, with the exception of using the yolks instead of the whites of the eggs; when both are done, spread when warm with jelly or preserves of any kind; put together, bring the largest side of the cake towards you, and roll immediately; or cut in four or eight parts, put together alternately, putting jelly between each layer, and frost lightly over the top. Another method is to make three pans, making the third layer of one-third red sand sugar, proceeding the same as for the other layers; in putting together, let the first layer be the yellow, made of the yolks; then the red and lastly the white. Nicely frost the top, and you have a beautiful as well as a delicious party cake. They are very pretty made into rolls.

MARBLE CAKE.

One cupful of butter, two cupfuls of sugar, four eggs, one cupful sweet milk, three cupfuls of flour, two teaspoonfuls of Lewis' Condensed Baking Powder; flavor to suit. When mixed, take a teaspoonful of butter and stir in a large spoonful of chocolate, and a little milk; fill your pan with about an inch of the cake, and drop, in two or three places, a spoonful of dark, then another layer of cake, and so on.

HUCKLEBERRY CAKE.

One cupful of butter; two cupfuls of sugar; five eggs; one cupful of milk; half a teaspoonful of soda; one small lemon; a little nutmeg; a wineglassful of brandy; three cupfuls of flour; dredge a quart of huckleberries thickly with flour and add the last thing.

SPICE BALLS.

Cream half a cupful of butter and one of sugar; one well beaten egg; half a cupful of molasses; half a cupful of milk; one teaspoonful of soda; one cupful of chopped raisins; one teaspoonful of ground cloves; one grated nutmeg; mix with sifted flour enough to roll out; cut in pieces and roll up in a ball; do not let them touch each other in the pan; when baked, frost; flavor the frosting with lemon.

SAND TARTS.

One pound of sugar; half a pound of butter; one whole egg and the yolk of another; one pound of flour, with two teaspoonfuls of Lewis' Condensed Baking Powder sifted with it. Make a stiff paste, roll out thin and cut with a biscuit cutter; wash the tarts with the beaten white of an egg, and strew over them some powdered sugar and cinnamon, and lay a few blanched almonds on top.

SILVER CAKE.

Beat half a cupful of butter with a cupful of sugar; the whites of four eggs beaten to a stiff froth; half a cupful of milk; two and one-half cupfuls of flour, with two teaspoonfuls of Lewis' Condensed Baking Powder sifted with it; flavor to taste.

GOLD CAKE.

Beat to a cream a cupful of sugar and half a cupful of butter; beat very light two whole eggs and the yolks of four; half a cupful of milk; two and one-half cupfuls of flour with two teaspoonfuls of Lewis' Condensed Baking Powder sifted with it; flavor with lemon.

GINGER DROP CAKES.

Two cupfuls of molasses; one cupful of lard; half a cupful of boiling water poured on a dessertspoonful of soda; one egg; one dessertspoonful of ginger; half a teaspoonful of cloves; one teaspoonful of salt; put in a good deal of flour before pouring in the boiling water, stir it quite stiff, and drop in spoonfuls in a dripping-pan.

JACKSON SNAPS.

Two cupfuls of molasses, one cupful of sugar, one cupful of butter, one teaspoonful of soda, one teaspoonful of ginger, flour enough to roll out. Beat the sugar and butter to a cream; then add the molasses, with the soda stirred into it; then the ginger and flour. Cut in small cakes and bake in tins, in a quick oven.

CHOCOLATE CAKES.

Take a pound of powdered sugar, one and a quarter pounds of chocolate, also in powder, and the whites of four eggs. Beat up the whites of the four eggs to a stiff froth and add to them the sugar and the chocolate; beat all well together and with a spoon drop the mixture in little cakes on buttered paper, and bake in a moderately cool oven.

LOVE CAKE.

Three eggs, five ounces of sugar, six ounces of flour, salt, mace, or rose water; to be dropped and sugar sprinkled on before baking.

MISCELLANEOUS RECEIPTS.

TO TRY OUT LEAF LARD.

Be sure that the leaves are fresh; skin it and remove all particles of blood, wipe it clean with a damp cloth, cut into pieces about two inches square and put it into a large iron kettle, having it about half full; set it on top of the range, or stove, and let it cook gently five or ten minutes, stirring all the time; then dip off the fat, strain it through a cloth into the jars, or tin pails in which it is to be kept; add more of the leaf and keep stirring all the time to prevent it burning. A little salt may be put to it when first put into the kettle. The last of the fat tried out will be *darker* than the first, but if you are careful not to let it *burn*, it will be good for some purposes, and should be kept in a different jar, and all the fat can be squeezed out from the scraps.

SAUSAGE MEAT.

Chop fine six pounds of lean fresh pork, three pounds of fat fresh pork, three tablespoonfuls of salt, three tablespoonfuls of black pepper, six tablespoonfuls of powdered sage, one tablespoonful of powdered cloves, one tablespoonful of powdered mace, one grated nutmeg. Mix the seasoning in with your hands thoroughly and pack down in stone jars, pouring melted lard on top. If you wish to make into sausages, prepare the intestines as follows: Empty them, cut them in lengths and lay for two days in salt and water; turn them inside out and lay in soak one day longer; scrape them, rinse well in soda and water, wipe and blow into one end, having tied up the other with a bit of twine. If they are whole and clear, stuff with the meat, tie up and hang in the store room, or cellar. These are fried in the cases in a clean frying-pan until brown. If you have the sausage meat in *bulk*, make it into small round flat cakes, and fry in the same way. They can be dipped in egg and pounded cracker, or rolled in flour before cooking. Their own fat will cook them. When one side is done, turn on the other. It will take about ten minutes to cook them.

HEAD CHEESE.

Boil a pig's head until it is soft and the bones drop from the meat. When cold, chop it fine, and season it with salt, pepper, sage and spice if you choose; put it into a sauce-pan and simmer it gently for half an hour, having put to each pound of the meat after it is chopped, a gill of the liquor in which it was boiled. Turn it into earthen dishes when done, and press it by putting a plate with a weight or something heavy upon it. When cool cut in slices. It can be scald over once or twice, if there is danger of it not keeping.

HOW TO MAKE GOOD BUTTER.

Milk should never be set for butter in a dark, damp cellar, as the cream is thereby moulded before it has time to rise, which gives the butter a *mouldy* taste. If the milk is allowed to stand too long it will have a *cheesy* taste. If the cream is kept too long before it is churned, after it is skimmed, it will also have a *sour* taste. The butter should never be washed in water, because it takes away that beautiful aroma so essential in good butter. It should never be taken in a person's warm hands, as the heat melts a certain

portion of the globules, which gives it an oily taste, and makes it become rancid very soon. The milk should be set in good clean earthen pans, in a dry, open, airy and shady place, above ground, if possible, although a cellar may be so built, and ventilated, as to answer the purpose. It should never be set over twenty-four hours in warm weather; and for a dairy of three cows or over, the cream should be churned every morning, and never be kept over forty-eight hours in warm weather; in cold weather it may be kept longer; it should always be about the same heat that the milk is when drawn from the cow. Scald the churn and cool with ice or spring water; pour in the thick cream and churn rather fast at first, but steadily until the butter flakes left by the dasher upon the top, show that the end to be gained is near—then more slowly. Take it from churn with a wooden butter ladle, into a wooden tray, which has been well scalded and cooled in ice or very cold water; the salt should then be worked in to suit the taste, which is easily told by a little practice, and the buttermilk well worked out. Set in a cool place for an hour to harden, then work and knead it with a wooden ladle as long as milk or pickle can be worked out. Make into rolls or pound pats, always using the paddle and never touching it with your hands. If you wish to keep it a long time work with especial care, and pack down hard in a perfectly clean stone pot; press a clean piece of cloth or linen closely to the surface and cover this with a thick layer of fine salt, and cover it with a tightly fitting lid or cover; keep in a cool place. Some use salt in the proportion of a dessert-spoonful to every pound. Be sure your salt is all right; test it thus—dissolve a little in a glass tumbler; if the formed is clear and free from bitter taste, it is good salt; on the other hand, if it presents a milky appearance and leaves a sediment, throw it away.

TO TEST THE STRENGTH OF VINEGAR.

The *strength* of vinegar is determined by the number of grains of bi-carbonate of soda a troy ounce will completely neutralize. For instance, to test the strength of vinegar, weigh out one ounce, then find how many grains of bi-carbonate of soda the vinegar will neutralize or dissolve. If thirty grains are neutralized, the vinegar is said to be thirty grains strength. To test the *purity* of the vinegar pour out half a wine-glassful, and add ten or twelve drops of the solution of muriate of barytes. If the vinegar is

pure it will show no change. If it contains *acid* it will gradually turn to a milky hue, according to the quantity of acid it contains.

FRINGED CELERY—FOR GARNISHING.

This addition contributes very much to the appearance of any salad, whether "fish or fowl," and when there are two varieties, one can be garnished with the fringed celery alone, and another have nasturtiums dotted here and there through the edge of the dish. Select the outer pieces of the stalk, cutting in four-inch lengths, wash and wipe dry, seeing all grit is removed. Have a large new cork, fill it full of coarse needles, putting the eyes of the needles in the cork and the points sticking up; if the cork has soaked some time in tepid water the needles will penetrate more easily. Carefully draw each piece of celery over the needles, leaving at one end about an inch of celery unfringed. Lay it in cold water two hours to cool and become crisp.

HULLED CORN.

This old fashioned luxury is coming into style again, and as it is really a delicious dish when properly prepared, it may be acceptable to know the *modus operandi* of doing it right. Take a six quart panful of ashes (hard wood ashes if possible, as they are stronger); put them into an iron kettle with three gallons of water; let them boil about five minutes; then set off from the fire, and turn in a pint of cold water to settle it. Turn off the lye and strain; put it into an iron kettle, and put in six quarts of shelled corn; put it over a brisk fire, and let it boil half an hour, skimming and stirring frequently. The outside skin of the kernels will then slip off. Strain off the lye, and rinse thoroughly in several clear waters. When the lye is thus weakened turn the corn into a large dish pan, and turn in water enough to cover it; then rub thoroughly with the hands till the little black chits come off; rinse and strain off till the water looks clear; then put back into a clean kettle, with water enough to cover it, and let it boil slowly. It will swell to double the first quantity. Boil till quite soft; it may be necessary to add water occasionally; stir it often, so as not to burn at the bottom of the kettle; when quite soft, put in two large tablespoonfuls of salt, and stir well. To be eaten with milk or butter and sugar. It is a healthy dish, and although there is work in preparing it, yet it is good enough to pay for the labor and

trouble. It is good either hot or cold, and was considered by our grandparents to be one of the greatest luxuries of the table. Wheat hulled in the same way is considered a great delicacy and a very beneficial diet for invalids, but is not so staple or nutritious as Indian corn. Smaller quantities can be prepared by using less corn and lye.

PICKLE FOR BEEF.

In cold weather always warm the salt; in summer cover the cask with a canvas cover; keep the meat pressed down with a large stone; allow to four gallons of water three pounds of brown sugar, six of salt, four ounces of saltpetre; boil twenty minutes; skim as it rises. The following day pour it on the beef. Boil the pickle over every two months, adding three ounces of brown sugar and a half pound salt.

PICKLE FOR PORK.

Pack the pork tightly in the cask, each layer covered with coarse salt; make a strong brine with two gallons of water and as much coarse salt as will dissolve in it; boil and skim; when cold pour it on the pork. Use no sugar or saltpetre.

TURBOT.

Take a fine white fish and steam until done; then bone it and sprinkle with pepper and salt. Take one quart of milk, quarter of a pound of flour, one bunch of parsley, one bunch of thyme, three slices of an onion, salt and pepper; put over the fire and stir until it comes to a thick cream; then remove it, and add two eggs. Put into a baking dish a layer of the fish and one of the sauce, and so on, having the last layer of the sauce. Sprinkle with cheese and bread crumbs. Bake about half an hour in a moderate oven.

FRENCH STEWED FISH.

Any fish that you can boil will do for this. Clean and lay in salt for an hour. Then put it on to boil with as little water as it can be boiled in, a sliced onion, a little pepper, ginger and ground mace; when it is nearly done pour into it vinegar or lemon juice sufficient to make it taste, and boil five minutes longer. Take a skimmer and lift the fish out whole and place on a platter. Strain the liquor in which the fish was boiled; put it on the fire in a

sauce-pan, and when it boils add the yolks of eggs enough to thicken it, stirring constantly until it is creamy. Pour it over the fish and eat cold.

CHICKEN SALAD.

Boil tender two nice chickens, chop the meat well, removing every scrap of fat, gristle and skin; take the best part of a small cabbage, discarding all the pith and green leaves, chop fine—there should be less than a quart when chopped—chop half as much celery as cabbage, and mix well with the chicken; then boil four eggs very hard, work the yolks to a paste with a wooden spoon; half a gill of good sweet olive oil or one gill of melted butter; mix by littles with the egg until all is mixed; add one tablespoonful of black pepper; two tablespoonfuls of mixed mustard stirred thoroughly into the paste, and add one teacupful of vinegar and one tablespoonful of salt; mix all together half an hour before using. If you like add half a cupful of grated horse radish.

ANOTHER CHICKEN SALAD.

A small chicken boiled and chopped fine; two green pickles, two hard boiled eggs, one onion, two ounces of cheese, one large or two small apples; chop these fine and mix with the chicken, and add a little salt, pepper, olive oil or melted butter, and vinegar; stir well until mixed and then put it into a salad dish or on a platter and garnish with parsley.

DUCHESSE POTATOES.

Mash a quart of hot boiled potatoes through a fine colander with the potato masher; mix with them one ounce of butter, one scant teaspoonful of salt, half a saltspoon of white pepper, a pinch of grated nutmeg, and the yolks of two raw eggs; pour the potato out on a plate, and then form it with a knife into small cakes, two inches long and one wide; lay them on a buttered tin; brush them over the top with an egg beaten up with a teaspoonful of cold water, and color them a golden brown in a moderate oven.

TO MAKE OLD POTATOES MEALY.

Soak a few hours in cold water, put on to boil in *hot* water without salt; when they are tender all the way through, turn the water off, and refill the sauce-pan with *cold water* and a little salt, and

boil until quite done; drain off that water, also; cover as tightly as possible, and set back to steam, lifting the cover occasionally; shake the sauce-pan gently for a few minutes before taking up.

SOUR KRAUT.

Chop six white cabbages, with which mix one pound of salt; press as close as possible in a cask, put on a cloth, then a wooden cover, then a weight; let it stand in a warm cellar two months. It should then be removed to a cool place, where it will not freeze, as it is ready for use. In Germany they add half an ounce of anise-seed or carraway. The Germans say "the more salt the more sour." Fifty cabbages will make a barrelful.

CURRY POWDER.

Take two pounds of freshly roasted and finely powdered coriander seed, three-quarters of a pound of turmeric root; fenugreek seed, eight ounces; mustard seed, eight ounces; cummin seed, three-quarters of a pound; these shall all be finely powdered. Add Cayenne pepper to taste.

CURRY POWDER—A GENUINE INDIAN RECEIPT.

Turmeric, coriander, black pepper, four ounces each; fenugreek, three ounces; ginger, two ounces; cummin seed, ground rice, one ounce each; Cayenne pepper, cardamon, half an ounce each. Pound, sift and bottle.

CURRY POWDER—AMERICAN.

One ounce of ginger, one ounce of coriander seed, two ounces of turmeric, and half an ounce of Cayenne pepper; pound, sift and bottle it. It is best to have these receipts put up at a chemist's.

GRATED HAM SANDWICHES.

Grate finely as much well-cooked ham as you are likely to require, flavor it with a very little Cayenne and some nutmeg; roll out some good puff paste very thin, cut it into two perfectly even portions, prick in one or two places to prevent it rising too high, and bake in a quick oven till of a golden brown. Then take out and let it stand till cool, when spread a little fresh butter lightly over the whole. This should not be done till the paste is perfectly cool. Now spread the grated ham even over the paste,

lay the second piece of puff paste over it, and with a very sharp knife cut into small sized sandwiches. This is a charming supper dish.

CALF'S HEAD EN FRITURE.

Take some slices from the thick part of a calf's head, trim them nicely to the shape veal cutlets are usually cut, simmer them for about ten minutes in a little stock with a small bouquet of sweet herbs, shalots and parsley; salt and pepper to taste. When they have simmered for ten minutes, take the pieces carefully out with a drainer, and lay them on a clean napkin. When they are freed from all moisture, dip each into a little well beaten egg, then into bread crumbs, with crumbs that have been flavored with a teaspoonful of grated Parmesan cheese, a suspicion of grated lemon peel, and a little salt; re-dip them into egg and bread crumbs once more. Have ready in a frying-pan some butter, heat it, and fry each piece. Pile the pieces high up on a clean napkin, and garnish with fried parsley; serve while very hot.

COLD SLAW.

Beat two eggs ten minutes, and add two gills of vinegar and a little mustard; stir until it boils, when it will be thick like custard; cut the cabbage fine just before dinner, and throw a little salt over it; add to the cold sauce a gill of milk; mix it and pour it over the cabbage, which should be in the dish in which it is to be served. The cabbage should not lie long after it is cut, as it wilts.

CREAM DRESSING FOR SALAD.

Beat together thoroughly three raw eggs and six tablespoonfuls of cream, three tablespoonfuls of melted butter, one teaspoonful of salt, one teaspoonful of mustard, half a teaspoonful of black pepper, and one teacupful of vinegar. Boil, stirring it constantly until it thickens like boiled custard. If it boils long it will curdle. Let it cool, then mix with salad.

SIMPLE REMEDIES.

NEURALGIA REMEDY.

Prepare horseradish, by grating and mixing in vinegar, the same as for table purposes, and apply to the temple where the head or face is affected, or on the wrist, when the pain is in the arm or shoulder.

FOR RHEUMATISM.

Take two teaspoonfuls of Cayenne pepper to a teacupful of good vinegar; heat together slowly but not quite boil; bottle it. Bathe the parts affected.

CHLOROFORM LINIMENT—FOR RHEUMATISM.

Take half an ounce of chloroform; half an ounce of alcohol; and four tablespoonfuls of hot drops. Mix and rub the parts affected.

NEURALGIA.

Constipation is often the cause; first give a gentle aperient; then make a bean poultice of common white beans—boil and mash, spread on thin cotton; this will retain the heat a long time. Hot oatmeal gruel heats the system quickly and thoroughly, and is very beneficial in cases of colds, neuralgia or rheumatism.

TO CURE A FELON.

Equal parts of soft-soap and quicklime, made into a paste; apply to a felon; renew whenever dry, It will cause pain if the felon has progressed much, but it is a sure cure.

CURE FOR CATARRH.

A writer in the *Chicago Tribune's* "Home Department" claims that the following is a simple and immediate cure for colds in the head, sore-throat, asthma, sore nostrils, etc.: The remedy is crushed cubeb berries smoked in a pipe, emitting the smoke through the nose; after a few trials this will be easy to do. If the nose is stopped up so that it is almost impossible to breathe, one pipeful will make the head as clear as a bell. For sore throat, asthma and bronchitis, swallowing the smoke effects immediate

MEMORANDA.

MEMORANDA.

relief. It is the best remedy in the world for offensive breath, and will make the most foul breath pure and sweet. Sufferers from that most horrible disease, ulcerated catarrh, will find this remedy unequaled, and a month's use will cure the most obstinate cases. A *single trial* will convince any one. Eating the uncrushed berries is also good for sore throat and all bronchial complaints. After smoking do not expose yourself to cold air for at least fifteen minutes. The berries are perfectly harmless, and there is no use going to "catarrh doctors" while you can procure this remedy. They can be procured at any drug store.

RELIEF FOR CATARRH.

Put one tablespoonful of iodo-bromide of calcium composition into a teacupful of warm water. Snuff it up the nostrils night and morning. It is very cleansing and healing.

CARBOLIC ACID FOR COUGHS AND CATARRH.

The *London Medical Record* gives the experience of Dr. Moritz, in the use of carbolic acid spray in catarrhal disease of the respiratory organs. Having had much to do with carbolic acid, and especially the spray, he noticed that the bronchial catarrh with which he was frequently troubled did not occur, or that, if it began, it was soon arrested. A colleague of his Dr. Asseldelft, made the same observation. Dr. Moritz used the spray of a two per cent. solution of carbolic acid. He first tried it on two children in whom the commencement of whooping cough was suspected. After the remedy had been used two days, the slight catarrh which was present came to a stand still, and in a few days disappeared. In several small children with measles, the cough was diminished and the nights were more quiet after the use of carbolic acid spray. In two surgical patients, also, whose lungs were in a suspicious state, the cough entirely disappeared during the frequent use of the spray. The carbolic acid does not act as a cauterant, for dilution produces beneficial action, and it is not demonstrated that it exerts any chemical action on the false membranes, as some have thought. It appears most reasonable that it acts as a parasiticide, destroying the proto-organisms which constitute the fundamental part of the false membranes and which exist in the circulatory system, since the local alterations are more than the expression of zymotic influence.

CURE FOR HOARSENESS.

Spikenard root, sliced and bruised and then steeped in a teapot containing equal parts of water and spirits, and the vapor inhaled, when sufficiently cooled, will relieve the soreness and hoarseness of the throat or lungs, when arising from a cough or cold.

DRYNESS OF THROAT.

A remedy for dryness of throat will be found in a small piece of muriate of ammonia, about ten or fifteen grains every two hours. Use the best quality and allow it to dissolve slowly in the mouth.

FOR A COUGH.

Syrup of poppies, oxymel of squills, simple oxymel, in equal parts, mixed, and a teaspoonful taken when the cough is troublesome. It is best to have it mixed by a chemist. The cost is trifling.

COUGH—FOR CHILDREN.

Mix two drachms of ipecacuanha wine with half an ounce of oxymel of squills, and the same quantity of mucilage, and two ounces of water. *Dose*—one teaspoonful for children under one year, two teaspoonfuls from one to five years, and a tablespoonful from five years, every time the cough is troublesome.

FOR A COUGH.

Take equal parts of whiskey and pepper sauce, and mix with honey to make a syrup. A teaspoonful every time the cough is troublesome.

FOR A DRY COUGH.

Take of powdered gum arabic half an ounce; dissolve it first in hot water, and squeeze in the juice of a lemon, add half an ounce of liquorice juice, two drachms of paregoric, one drachm of syrup of squills. Cork all in a bottle and shake well. Take one teaspoonful when the cough is troublesome.

COL. BIRCH'S RECEIPT FOR GOUT OR RHEUMATISM.

Half an ounce of nitre, (saltpetre), half an ounce of sulphur, half an ounce of flower of mustard, half an ounce Turkey rhubarb, half an ounce of powdered gum guaiacum; mix. A teaspoonful to be taken every other night for three nights, in a wineglass of cold water that has been well boiled; and omit three nights.

CURE FOR EARACHE.

Put about four drops of laudanum and four drops of best kerosene oil into a teaspoon; put in a little bit of cotton batting—about enough to absorb the mixture; hold the spoon and contents over a lighted candle or gas-light till it begins to hiss with the heat, turn the cotton over, apply spoon and contents once more to the heat then pinch out the cotton; put it hot into the ear; tie a bandage over the ear to keep the heat in, and relief is immediate. If you are subject to earache keep a little box with a small vial of each of the articles named, and you can get relief at all hours of night or day in a few moments.

LOOSE BUT SOUND TEETH.

Turkish myrrh diluted in water—at first a teaspoonful to a tumblerful of water, and gradually strengthened—and used as a wash four or five times a day, will generally give relief. There are only two causes for the above trouble, viz: calomel and soda, and the use of both must be stopped entirely.

A DENTIFRICE.

An ounce of myrrh in fine powder, and a little powdered sage, mixed in two spoonfuls of honey, make an agreeable and delicate dentifrice.

SOZODONT—A DENTIFRICE.

Castile soap, five parts; glycerine, five parts; alcohol, thirty parts; water, twenty parts; oil of peppermint, oil of cloves, oil of cinnamon, and anise, a few drops.

FOR THE GUMS.

Alum water will harden the gums and prevent loosening of the teeth.

CURE FOR TOOTHACHE.

Spirits of camphor, ten drops; oil of cloves, ten drops; chloroform, fifteen drops; spirits of ether, fifteen drops. Apply to the cavity, or rub the gum a little. The cure is immediate.

LOTION FOR FRECKLES.

Muriate of ammonia, half a drachm; lavender water, two drachms; distilled water, half a pint. Applied with a sponge two or three times a day.

COLLODION—FOR FRECKLES.

Sulpho-carbolate of zinc, one part; collodion, forty-five parts; oil of lemon, one part; absolute alcohol, five parts. The zinc should be reduced to an extremely fine powder, and then thoroughly incorporated with the fluid mixture.

TO REMOVE FRECKLES.

Take finely powdered nitre (saltpetre) and apply it to the freckles by the finger moistened with water and dipped in the powder. When perfectly done and judiciously repeated, it will remove them effectually without trouble.

CURE FOR PIMPLES.

Thirty-six grains of bi-carbonate of soda, one drachm of glycerine, one ounce of spermaceti ointment. Rub on the face; let it remain for a quarter of an hour, and wipe off all but a slight film with a soft cloth. The black worms, called "comedones," call forth the simple specific of thirty-six grains of sub-carbonate of soda in eight ounces of distilled water, perfumed with six drachms of essence of roses. Or touch the head of each with a fine hair-pencil dipped in acetic acid—a nice operation, as the acid must only touch the black spot or it will eat the skin.

ROUGH SKIN, SUNBURN, &c.

An application of cold cream or glycerine at night, and washed off in the morning with fine carbolic soap. The simplest way to obviate the bad effects of too free sun and wind, is to rub the face, arms and neck well with cold cream or pure almond oil *before going out*. An effective preparation for rough skins, eruptive diseases, cuts or ulcers, is found in a mixture of one ounce of glycerine, half an ounce of rosemary water, and twenty drops of carbolic acid. For hives or prickly heat this wash gives soothing relief. A solution of carbolic acid, say fifty drops to an ounce of glycerine, applied at night, forms a protection from mosquitoes. A teaspoonful of carbolic acid to a pint of rose water, will remove pimples or eruptions from the skin.

OLIVE TAR FOR THE COMPLEXION.

Mix one spoonful of the best tar in a pint of pure olive or almond oil by heating the two together in a tin cup set in boiling water.

Stir till completely mixed, and smooth, putting in more oil if it is too thick to run easily. Rub this on the face before going to bed.

CHAPPED HANDS.

One ounce of carbolic acid, three ounces of glycerine, one pint of soft water. Mix. A few drops on the hands after washing them.

No. 2.

Two parts fresh lard, one part white pine pitch, melted together. Very healing.

No. 3.

Sweet oil, one pint; Venice turpentine, three ounces; hog's lard, half a pound; beeswax, three ounces. Put all into a pipkin, over a slow fire, and stir with a wooden spoon till the beeswax is all melted and the ingredients simmer. It is fit for use as soon as cold, but the longer it is kept the better it will be. For chaps or cracks rub on the hands when you go to bed.

CHILBLAINS.

It is singular that in an affection of so common occurrence and often so tormenting, but few people know that the cheapest and most effectual remedy is before their eyes every day. It is fire. Although it may seem a paradox to allay inflammation with fire, yet it must be remembered that this form of it is a peculiar character, and does not yield to common antiphlogistic treatment. Hold the parts affected as close to an open fire as you can bear, so close that it will produce in them, owing to their morbidly sensitive condition, the sensation of burning; continue this for from ten to twenty minutes. That will give relief to the intolerable itching and tingling at once, for that day. If they return, as they probably will in a milder form next day, repeat the treatment—they will disappear in the course of three or four days. They are generally produced when the parts are suddenly exposed to cold air in a moist or perspiring condition. Put on dry stockings before going out into the cold.

FOR CHILBLAINS.

Steep white oak leaves (found on the trees during the winter season), and soak the feet several nights in succession.

TO PREVENT GANGRENE OR MORTIFICATION.

Yellow marigold steeped in water and strained will prevent gangrene or mortification. Cider emptyings or brewers' yeast, applied with cloths, will often remove it.

ANTIDOTE FOR POISONS.

A large teaspoonful of made mustard, mixed in warm water and swallowed, is an ever ready emetic that acts safely and surely. It should be given promptly where dangerous poisons have been taken into the stomach, to throw them off.

CROUP.

Croup can be cured in one minute, and the remedy is simply alum and sugar. The way to give it is to shave or grate in small particles about a teaspoonful of alum; then mix it with about twice its quantity of sugar, to make it palatable, and administer it as quickly as possible. Almost instantaneous relief will follow.

TO RELIEVE CHILDREN WHEN THEY GET BEANS OR BUTTONS, Etc., IN THEIR NOSES.

Parents are often puzzled to help their children when they get beans, buttons, etc., in their noses. The *Medical Record* says: "Blow the patient's nose for him, by closing the empty nostril with your finger and blowing suddenly and strongly into the mouth. An efficient method which has often succeeded when instruments have failed. The glottis closes spasmodically and the whole force of your breath goes to expel the button or bean, which commonly flies out at the first effort."

FOR APOPLEXY.

Rub powerfully on the back, head and neck, making horizontal and downward movements. This draws blood away from the front brain and vitalizes the involuntary nerve. *Second.*—While rubbing call for cold water immediately, which apply to the face and to the hair on the top and side head. *Third.*—Call for a bucket of water as hot as can be borne, and pour it by dipperfuls on the back, head and neck for several minutes. The effect will be wonderful for vitalizing the medulla oblongata; it vitalizes the whole body, and the patient will generally start up into full conscious life in a very short time.

CURE FOR SLEEPLESSNESS.

A German physician, Dr. Vigoreux, has devised a cure for sleeplessness which is said to be successful in all cases except with asthmatic patients. The new cure is effected by galvanism, applied by placing the two electrodes—which are broad, flat and of carbon, covered with chamois leather—one on each temple. The current from three, or at most five, of Trouve's elements is to be passed for half or a whole minute. The effect is usually confined to the night of its application, but is occasionally perceptible for one or two nights following.

ANOTHER.

Make a tea of skullcap (which is an herb), and drink a quantity before going to bed.

STYE ON THE EYELID.

Put a teaspoonful of black tea in a small bag, pour on it enough boiling water to moisten it; then put it on the eye pretty warm. Keep it on all night, and in the morning the sty will most likely be gone; if not, a second application is certain to remove it.

CORNS.

A mixture of equal parts of glycerine and carbolic acid, applied with a camel's hair pencil, is recommended as an excellent remedy for corns.

DIPHTHERIA.

Lemon juice used as a gargle, is an efficacious specific against diphtheria and similar troubles.

TO PREVENT FELONS.

The following directions, carefully observed, will prevent those cuticular and osseous abominations known as felons. As soon as the disease is felt, put directly over the spot a fly blister, about the size of your thumb nail, and let it remain for six hours; at the expiration of which time, directly under the surface of the blister, may be seen the felon, which can instantly be taken out with the point of a needle or lancet.

LIP SALVE.

Oil of sweet almonds, eight ounces; white wax, three ounces; spermaceti, three ounces; rhodium, fifty drops, and white sugar candy, form an excellent lip salve.

No. 2.

Take white wax, three drachms; spermaceti, one and a half drachms; olive oil, six drachms; alkanet root, one drachm. Melt the wax and spermaceti in a cup, then the oil and root in another, near the fire; then strain through muslin or fine linen, and mix with the wax; then add balsam of Peru, one drachm; essence of bergamot, ten drops; otto of roses, five drops. Mix well together.

FOR HOARSENESS.

At this season of the year, when colds prevail, it may be useful to know that hoarseness is relieved by using the white of an egg, thoroughly beaten, mixed with lemon juice and sugar. A teaspoonful taken occasionally is the proper dose.

BLEEDING AT THE NOSE.

A correspondent of the *Scientific American* says: "The best remedy for bleeding at the nose, as given by Dr. Gleason in one of his lectures, is in the vigorous motion of the jaws, as in the act of mastication. In the case of a child, a wad of paper should be placed in its mouth, and the child instructed to chew it hard. It is the motion of the jaws that stops the flow of the blood. This remedy is so very simple that many will feel inclined to laugh at it, but it has never been known to fail in a single instance, even in very severe cases."

MOTH PATCHES ON THE FACE.

Add about one teaspoonful of pulverized borax to a basin of water when washing the face, morning and evening; or a more convenient way would be to keep a quantity already dissolved in a bottle of water, and pour it in the wash basin as often as needed. Twice a day is quite often enough to use it, and the moth patches should slowly disappear in about ten days or two weeks.

TO MAKE THE COMPLEXION SOFT AND FINE.

Make a linen bag large enough to hold a quart of bran, put it in a vessel and pour two quarts of boiling water on it; let it stand all day, and at night on going to bed, take the bag out, and wash the face with the bran water; in the morning wash it off entirely with distilled rain water. In a very short time it will make a coarse skin feel like velvet.

LIEBIG'S CURE FOR INTEMPERANCE.

The *Scientific American* contains an account of an experimental test of Liebig's theory for the cure of habitual drunkenness. The experiment consisted of a simple change of diet, and was tried upon twenty-seven persons with satisfactory results. The diet proposed is farinaceous, and in the cases reported, was composed of macaroni, haricot beans, dried peas and lentils. The dishes were made palatable by being thoroughly boiled and seasoned with butter or olive oil. Breads of a highly glutinous quality were used, care being taken to prevent their being soured in course of preparation. In his explanation of the theory, Liebig remarks that the disinclination for alcoholic stimulants, after partaking of such food, is due to the carbonaceous starch contained therein, which renders unnecessary and distasteful the carbon of the liquors.

HINTS ON THE CARE OF THE EYES.

There are, perhaps, more individuals who ascribe their weakness of sight to a use of their eyes under an insufficient artificial illumination than to any other one cause. In a great many instances this may not be strictly true, but there can be no doubt that faulty artificial light is one of the most productive causes of a certain class of injuries, to which the eye can be exposed. The two sources of trouble with the ordinary artificial lights are—first, that they are not pure white, and secondly, that they are unsteady. The first defect is found in all artificial lights except the lime, electric and magnesium lights; the second especially in candles and gas. The yellowness is, in a measure, counteracted by using, in the case of lamps and gas, chimneys of a violet or blue tint, and the flickering of the gas may be obviated largely by using an Argand burner. All things considered, a German student lamp furnishes the most satisfactory light. The next best is gas with an Argand burner. The chimneys of both may, as above suggested, be advantageously of a light blue tint. The position of the light in relation to the body is of great importance. If a shade is used on the lamp or burner (it should, by preference, be of ground or "milk" glass, never of colored glass), the light may stand directly in front of the body and the work be allowed to lie in the light under the shade, which will protect the eyes from the glare of the flame. If no shade is used, the back should be turned to the source of light, which ought to fall over the left shoulder. The same rule applies

in the management of daylight. In this case the light should come from behind and slightly above, and fall directly on the work, whence it is reflected to the eye. It should never fall directly in the face. The light in the room during sleep is also not without its influence. As a rule, the room during sleeping hours should be dark; and in particular, care should be taken avoid sleeping opposite a window where, on opening the eyes in the morning, a flood of strong light will fall on them. Even the strongest eyes are, after the repose of the night, more or less sensitive to the impression of intense light. The eyes must have time to accustom themselves to the stimulus. Attention should be called to the injurious effects that sometimes follow reading on railroad cars. On account of the unsteadiness of the page, reading under these circumstances is exceedingly trying to the eyes and should never be persisted in for any considerable length of time. During convalescence from severe sickness the eyes are generally the last to regain their lost power. Especially is this the case with women after childbirth, and too much care cannot be taken to put as little strain upon the eyes as possible at this time.

PHOSPHATIC FOOD.

The *Manufacturer* has the following plea for special feeding of the brain: "Man is being perpetually renewed; the old and used-up particles are removed from the system, and their place is supplied with the same element newly presented to the organism. Motion destroys a portion of the integrity of a muscle, sight a something from the retina of the eye, and 'thoughts which breathe and words which burn,' literally burn and change into another chemical formula a certain portion of the phosphorus of the brain. Hence arises the necessity of supplying the system with an element on which the mental functions depend more than on any other organic ingredient. Experience shows that highly phosphatic and easily digested food, such as soft boiled eggs, boiled fish, the flesh of fowls, oysters and kale food (phosphorized more than other grains and vegetables), is especially suitable to persons whose minds are overtaxed by intellectual duties, and in purely nervous affections it is recommended by physicians who understand their business. Very recommendable for this purpose is the liquid acid phosphate, because it contains the phosphorus in a condition in which it is

most easily assimilated. The idea of partaking of particular kinds of food or beverages to nourish the nervous system is rapidly gaining ground, or theoretically accepted as correct. Said a physician lately to us, with whom we conversed on this subject, 'What a fool was I in my ignorance to laugh at the idea of brainer food; why, sir, it is the most valuable one I ever put in my practice. I thank you chemists for it.'

CINDERS IN THE EYE.

Persons traveling much by railway are subject to continual annoyance from the flying cinders. On getting into the eyes they are not only painful for the moment, but are often the cause of long suffering that ends in a total loss of sight. A very simple and effective cure is given by the *Mining and Scientific Press*, and is within the reach of every one and would prevent much suffering and expense were it more generally known. It is simply one or two grains of flaxseed. It is said they may be placed in the eye without injury or pain to that delicate organ, and shortly they begin to swell and dissolve a glutinous substance that covers the ball of the eye, enveloping any foreign substance that may be in it. The irrigation or cutting of the membrane is thus prevented, and the annoyance may soon be washed out. A dozen of these grains stowed away in your vest pocket may prove, in an emergency, worth their number in gold.

SPRING TONIC.

Take half a pound of wild cherry bark (not pressed, but in the loose state), and steep it in a quart of water for twenty-four hours; do not let it boil. Sweeten to the taste and add a little liquor, if you choose. Half a wine glass to be taken two or three times a day.

HOME-MADE COURT PLASTER.

One ounce of French isinglass, one pint of warm water; stir till it dissolves; add ten cents worth of pure glycerine and five cents worth of tincture of arnica; lay a piece of white or black silk on a board and paint it over with this mixture.

MUSTARD PLASTER.

In making a mustard plaster use no water, but only the white of

an egg; a mixture is thus formed which will draw perfectly, but which will not blister, or break the skin. Especially suited for young and tender skin.

EGG OINTMENT.

The oil obtained from the yolks of eggs is credited with wonderful healing properties in cases of cuts, bruises and the like, by some of the Eastern nations. The eggs are first boiled hard, when the yolk is easily removed. Crushed and carefully stirred over a hot fire, the oil separates, when it is ready for use. The eggs of water fowls have the most oil, but that obtained from the eggs of the common and guinea hen is considered best.

PUMPKIN AS A POULTICE.

A writer gives an instance in which a woman's arm was swelled to an enormous size and painfully inflamed. A poultice was made of stewed pumpkins, which was renewed every fifteen minutes, and in a short time produced a perfect cure. The fever drawn out by the poultices made them extremely offensive as they were taken off.

SEIDLITZ, OR ROCHELLE POWDERS.

Seidlitz powders are usually put up in two papers. The larger blue paper contains tartarized soda, two drachms, and carbonate of soda, two scruples; in practice it will be found to be more convenient to mix the two materials in larger quantity by passing them twice through a sieve and then divide the mixture either by weight or measure, than to make each powder separately.

SODA WATER POWDERS.

A pleasant cooling summer drink. The blue paper contains carbonate of soda, thirty grains; the white paper, tartaric acid, twenty-five grains. *Directions.*—Dissolve the contents of the blue paper in half a tumbler of water, stir in the other powder and drink during effervescence. Soda powders furnish a saline beverage, which is very slightly laxative, and well calculated to allay the thirst in hot weather. One pound of carbonate of soda, and thirteen ounces and a half of tartaric acid, supply the materials for two hundred and fifty-six powders of each sort.

FOR PURIFYING THE BLOOD.

Half an ounce each of spruce, hemlock and sarsaparilla bark, dandelion, burdock and yellow dock, in one gallon of water; boil half an hour, strain hot and add ten drops of oil of spruce and sassafras mixed. When cold, add half a pound of brown sugar and half a cup of yeast. Let it stand twelve hours in a jar covered tight, then bottle.

ROOT BEER.

Ginger, two ounces; sassafras bark, two ounces; winter green, four ounces; hops, four ounces; essence of spruce, ten ounces; water, four gallons. Mix, pour on the water, boil fifteen minutes, strain. Add ten gallons of warm water, three quarts of molasses, twelve fluid ounces of yeast, and allow it to ferment. While fermentation is going on, put it in strong bottles, or sweet jugs, and cork them well.

TO REDUCE THE FLESH.

A strong decoction of sassafras, drank frequently, will reduce the flesh as rapidly as any remedy known. A strong infusion is made at the rate of an ounce of sassafras to a quart of water. Boil it half an hour very slowly, and let it stand till cold, heating again, if desired. Keep it from the air.

LEMON JUICE IN DROPSY.

Lemons are recommended for dropsy, in a Russian medical journal, and are said to be beneficial in the most hopeless cases. The first day one lemon was given, after taking the peel off and cutting it up into small pieces in sugar; the two following days three were given, and afterwards eighteen every day. For nourishment, meat was given. In every case the water came off on the seventh day.

DISEASE ATTRIBUTED TO TOBACCO.

Dr. Baker, Secretary of the Michigan State Board of Health, says: "There has come under my notice for several years, but more particularly during the last two years, a kind of rheumatic condition of the walls of the chest. The patient complains of a dull, heavy pain in the chest walls. The disease in a large majority of cases is confined to the left side. The pain is circum-

scribed and limited to a space of not more than two inches in diameter, just below and a little to the left of the left nipple. At times the pain is very severe, and always constant day and night, when the patient is awake. I have investigated the disease to some extent, and find it to be more common among tobacco users, especially those who use the weed to excess. Patients suffering from this complaint invariably come to their physician with the belief that they have heart trouble."

USING STIMULANTS IN DISEASE AND HEALTH.

Dr. Dyce Duckworth, an eminent English physician, discusses, in a recent number of the *British Medical Journal*, the question of using stimulants in disease and health. He concludes that the medical faculty cannot do without them, as they serve certain purposes which cannot be attained by other means and cannot be dispensed with. Regarding the use of stimulants in health, he condemns the prevalent drinking habits, but believes that a moderate use of stimulants at proper times is beneficial to very many persons, who are not sufficiently robust to derive all needed nutrition from food; but they should be taken *only* with meals. Dr. Duckworth's position is claimed to be that of the most learned of the medical faculty generally.

STRYCHNIA AND ITS ANTIDOTE.

A correspondent in *Nature* says: "Wanting to banish some mice from a pantry, I placed on the floor at night a slice of bread spread over with butter in which I had mixed a three-penny packet of 'Battle's Vermin Killer,' which contains about a grain of strychnia along with flour and Prussian blue. The following morning I was roused by a servant telling me that a favorite Skye terrier was lying dead. I found that the mice had dragged the slice of bread underneath the locked door, and the dog had thus got at it and eaten part equal to about one-sixth of a grain of strychnia; it lay on its side perfectly rigid; an occasional tetanic spasm showed that life was not quite extinct. Having notes of the experiments made by directions of the British Medical Association last year on the antagonism of medicines, and wherein it was conclusively proved that a fatal dose of strychnia could be neutralized by a fatal dose of chloral hydrate, and that the minimum fatal dose of the latter for a rabbit was twenty-one grains, I

at once injected under the dog's skin forty-five grains of the chloral in solution, my dog being about twice the weight of a rabbit. In a quarter of an hour, fancying the dog was dead, as the spasms had ceased and it lay apparently lifeless, I moved it with my foot, when it at once struggled to its feet, and shortly after staggered to its usual corner by the parlor fire; it took some milk, and except for being quieter than usual seemed nothing the worse for the ordeal it had passed through. That the fatal effect of a poisonous dose of strychnia was thus counteracted so successfully with what I should say was a poisonous dose of chloral, given hypodermically, is an interesting fact, verifying the experiments I alluded to."

CHOLERA, AND HOW TO TREAT IT.

Asiatic cholera is so well known to be such a terribly fatal disease that any plan of treatment that gives promise of success must excite general interest. A method has lately been introduced by Surgeon-Major A. R. Hall, of the Army Medical Department, which it is hoped will lessen the mortality caused by this fearful malady. It consists in putting sedatives under the skin, by means of a small syringe (hypodermic injection), instead of giving stimulants by the stomach. Surgeon-Major Hall has served nearly twelve years in Bengal, and has suffered from the disease himself. In most accounts of the state of the patient in the cold stage, or the collapse of the cholera, the heart is described as being very weak and the whole nervous system much exhausted. Stimulants have, therefore, almost always been administered; but experience has shown that they have done more harm than good. Surgeon-Major Hall observed in his own case, while his skin was blue and cold, and when he could not feel the pulse at his wrist, that his heart was beating more forcibly than usual. He, therefore, concluded that the want of pulse at the wrist could not depend upon want of power in the heart. A study of the works of a distinguished physiologist, Dr. Brown-Sequard, with some observations of his own, suggested the idea that the whole nervous system is intensely irritated instead of being exhausted, and that the heart and all the arteries in the body are in a state of spasmodic contraction. The muscular walls of the heart, therefore, work violently, and squeeze the cavities, so that the whole organ is smaller than it ought to be; but it cannot dilate as usual, and so cannot receive much blood to

pump to the wrist. Surgeon-Major Hall looks upon the vomiting and purging as of secondary importance, but directs special attention to the spasmodic condition of the heart and lungs. The frequent vomiting generally causes anything that is given by the mouth to be immediately rejected; so it occurred to him that as the nervous system seemed to want soothing instead of stimulating, powerful sedatives, if put under the skin, would prove beneficial. A solution of chloral hydrate (which has a very depressing action on the heart) was employed in twenty cases where the patients were either in collapse or approaching it, and eighteen of these recovered. They were natives of Bengal.

It is probable that among Europeans, in severe cases, more powerful depressants may be required; and Surgeon-Major Hall recommends the employment of solutions of prussic acid, calabar bean, bromide of potassium, and other true sedatives. Opium (which is not really a sedative, but a stimulating narcotic), and all alcoholic stimulants are to be avoided, and nothing given to the patient to drink, in collapse, except cold water, of which he may have as much as he likes. It is to be hoped that this sedative treatment may have an extended trial, and that before long we may have further favorable reports concerning it.—*Chambers' Journal.*

A PHYSICIAN'S RULES OF HEALTH FOR THE HEATED TERM.

Rise early; the morning air is pure and cool. Take a hand bath, going over the whole person with water at its natural temperature; any one can do this who can command the use of a basin and one or two quarts of water. Use nothing but the hand; once or twice a week put a few drops of ammonia in the water to cleanse the skin, or use castile soap—avoid all others. Do this all the year round, no matter what the temperature of the weather is; beginning now, the skin will become accustomed to it, and cold will not affect, but tone up the system, bringing the blood to the surface, and preventing colds from sudden changes; besides, not half the clothing will be needed. At this season do not discard flannels altogether, but wear thin ones without sleeves; the best are made of white bunting, which is not heating, and yet absorbs the perspiration, and will last forever if properly shrunk before being made up. On rising, if faint feeling and loss of appetite,

MEMORANDA.

MEMORANDA.

take a teaspoonful of charcoal stirred in a little water, and repeat the same at bed time; it must be the fine willow charcoal, and to be found (with twenty-five cents) at all apothecaries. This absorbs the gas from undigested food, and sweetens the stomach and prepares it for food, and should be taken at any time when there is any unpleasant fullness in the stomach before eating. Avoid ice water, except one or two swallows; the habitual use lowers the temperature of the stomach, and prevents digestion. Soda water in immoderate quantities should also be avoided, certainly not more than a single glass per day. Let the diet be a generous one, but avoid mixtures; never more than two or three dishes at each meal. Pastry of all kinds should be especially avoided in hot weather. Plain yeast bread, a day old, with good butter, sparingly, and in hot weather with milk—when fresh—well salted; all kinds of fruit and vegetables in their season, well cooked and salted—salt allays thirst when taken fresh upon food. Go slowly about your business or work. Never try to do two men's work in one day. There is nothing gained by it. Keep on the shady side of the street if there is one; if not, carry an umbrella if you can; if not, your handkerchief in the top of your hat; if in the country, green leaves. Never get into a passion, as it shortens life. Finally, make haste slowly to get rich; remember without health riches are of no account.

VENTILATION.

The windows of every room in a house should be opened for a short time every day, that the atmosphere may be changed and purified. The want of proper ventilation is one of the permanent causes of typhoid fever, in connection with unclosed conduits to the sewer drains in bed rooms.

REMEDY IN TYPHOID FEVER.

A new remedy, proposed by Dr. Nutter, of Strasburg, to be used in typhoid fever, has been published. Its salutary effects are officially authenticated. It consists of a decoction made of one litre barley water, one hundred grammes vinegar, and one hundred and twenty grammes liquid honey, with which the throat, mouth and nares are to be washed out in order to remove organic matters which are secreted and deposited there, and which decompose and are likely to be swallowed, or reabsorbed with increased toxic effects.

TREATMENT OF TYPHOID FEVER.

Dr. George Johnson, in the *London Practitioner*, takes the ground that in the treatment of typhoid fever careful nursing and feeding are of primary importance, while, as a rule, no medicines of any kind are required, and when not required, they are often worse than useless. Diarrhoea is a less frequent symptom than before this plan was adopted, and when it does occur, it is far more tractable, while tympanitic distension of the abdomen is a rare event.

ART OF SWIMMING.

Men are drowned by raising their arms above water, the unbuoyed weight of which depresses the head. When a man falls into deep water he will rise to the surface, and will continue there if he does not elevate his hands. If he moves his hands under water in any way he pleases, his head will rise so high as to allow him free liberty to breathe, and if he will use his legs, as in the act of walking (or rather of walking up stairs), his shoulders will rise above the water, so that he may use less exertion with his hands, or apply them to other purposes. These plain directions are recommended to the recollection of those who have not learned to swim in their youth, as they may be found to be highly advantageous in preserving life.

REMEDY FOR STINGS.

The instant any one is stung, wet some cut tobacco and lay at once on the spot; hold it there a few minutes and the cure is complete. We cannot tell if it is a perfect cure when not applied within a few minutes after being stung. Have no doubt it will relieve, but *doubt* if, after the poison has been for any length of time in the blood, though it may remove the pain, it will prevent swelling; but we do know an instant application is an almost instant cure. The sting of a wasp, or bumble bee, is not so severe as the hornet, or honey bee. The latter leaves the sting in the wound, and there is no relief until that is removed.

STINGS.

If the bees have stung you, press the hollow of your watch key, or a small tube, over the sting to extract it, and bathe the place with aqua ammonia, or moisten saleratus and put on it, for the poison is acid and must have an alkali to neutralize it. Soft soap will often prove the best antidote for a bee sting.

TO PREVENT THE HAIR FROM FALLING OFF.

Pour a wineglassful of dry table salt upon a sheet of paper. While the hair is dry, dip a metallic hair brush, or a stiff-bristle hair brush into the salt, rubbing it into the roots of the hair. Apply every day until the hair ceases to fall; then discontinue. Alum water will check the fall of hair that has been saturated and drowned with the use of oils, acting as an astringent. A strong decoction of the herb "boneset" is a good tonic for the hair.

HAIR RESTORATIVE.

Castor oil, eight ounces; tincture of cantharides, two ounces; blood root, one ounce; lemon oil, one-fourth ounce; rosemary, one-fourth ounce; bergamot, one-fourth ounce; lavender, one-fourth ounce; alcohol, one-half gallon; color with alkanet.

CURE FOR DIPHTHERIA.

Diphtheria is a disease which springs from the growth of a real fungus on some of the mucus surfaces of the system, more generally of the throat. From the local parts affected, it spreads to the whole body, affecting the muscular and nervous systems, vitiating the lymph and nutrient fluids, and producing paralysis. As soon as the vacterium, or fungus, appears in white patches on the throat, it should no more be neglected than a bleeding gash, or a broken arm, and there is almost as little need of a fatal termination of one incident as of the other. It has been found by actual experiment, both in and out of the human system, that this vacterium is killed by several drugs, the safest and most certain of which is chlorine water, diluted with the addition of from two to four times the volume of water. This wash is harmless, even when swallowed, and is pretty certain to arrest the disease. A well known physician in this city, who has pursued this treatment for fifteen years, has found it effective almost without exception, and has in that period often broken up the disease in localities where it had raged violently, and defied treatment. Prior to its use, he lost three cases out of six, but has since used it with scarcely a failure, during the above mentioned period. The recent great cyclopedia of Ziemosen, on the Practice of Medicine, gives the highest place to his method of treatment. To keep the patient warm and well housed, with additional flannel clothing, if necessary, and to keep his system well nourished and the bowels open, are matters of

nursing often neglected ; but with care in these respects and early application of the remedies above suggested, there is no need of the disease proceeding to a fatal termination, or even to the debilitating illness and painful cauterizations which go together in its later stages.

TRANSPARENT POMADE.

Spermaceti, two ounces ; castor oil, five ounces ; alcohol, five ounces ; oil of bergamot, half a drachm ; oil of Portugal, half a drachm. Melt the spermaceti and castor oil together ; when melted, pour in the alcohol gradually, then add the perfume, stirring it well until it cools. Put into glass jars.

TO SOFTEN THE SKIN AND IMPROVE THE COMPLEXION.

If flower of sulphur be mixed in a little milk, and after standing an hour or two the milk (without disturbing the sulphur) be rubbed into the skin, it will keep it soft and make the complexion clear. It should be used before washing. Make only a wineglassful at a time, as often as required.

DISCOLORATION ON INFANTS' TEETH.

Clean them every day with borax. If a brush is too severe, try a soft cloth, dipped in borax either dissolved in warm water, or pulverized ; if the gums are tender it will heal and harden them.

MISCELLANEOUS RECEIPTS AND INFORMATION.

SCENT POWDER.

Coriander, orris root, rose leaves and aromatic calamus, each one ounce ; lavender flower, ten ounces ; rhodium, one-fourth of a drachm ; musk, five grains. These are to be mixed and reduced to a coarse powder. This scents clothes as if fragrant flowers had been pressed in their folds.

PREVENTIVE AGAINST MOTHS,

And a very pleasant perfume. Take of cloves, caraway seed, nutmeg, mace, cinnamon and Tonquin beans, each one ounce. Then add as much Florentine orris root as will equal the other ingredients put together. Grind the whole to powder and put it into little bags among your clothes.

LAVENDER SCENT BAG.

Take of lavender flowers free from stalks, half a pound; dried thyme and mint, of each half an ounce; ground cloves and caraway, of each a quarter of an ounce; common salt, dried, one ounce; mix the whole well, together, and put into silk or cambric bags. In this way it will perfume the drawers and linen very nicely.

PERFUME FOR JARS.

Take, for the foundation, rose leaves and salt prepared during the rose season, turning and mixing the mass and adding constantly to it for two months. Then place a portion of it on the bottom of the jar, spread a layer of raw cotton over, sprinkled with powdered cloves, mace, nutmeg, allspice, cinnamon, orris root, caraway and fennel seeds (bruised), cardamon pods and seeds, or sprays of lavender, a handful of sage, thyme and rosemary, shavings of cedar, any highly perfumed flowers, leaves of rose and lemon geraniums, a sprinkling of camphor, sprigs of peppermint, spearmint and a little musk. Any odoriferous material, indeed, will add piquancy to the pot-pourri. I sprinkle the layers with very strong vinegar, and add a handful of salt each week during the time of putting in fresh materials. Cologne, essential oils of various kinds, and the sachet odors sold at a comparatively low price in the wholesale drug stores prove fine additions. Such jars opened daily for fifteen minutes fill a house with odors as spicy and delicious as those wafted from the realms of "Araby the blest."

EAU DE COLOGNE, (FARINA).

Deodorized alcohol, one gallon; oil of bergamot, nine drachms; oil of Portugal, ten drachms; oil of neroli, ten drachms; oil of petit grain, ten drachms; oil of lemon, eight drachms; oil of lavender, eight drachms; oil of rosemary, eight drachms; rose water, two ounces; orange flower water, two ounces. Digest for fourteen days, and distil. The distillation may be omitted, but it is better not.

EAU DE COLOGNE.

Oil of lavender, three drachms ; oil of lemon, three drachms ; oil of rosemary, two drachms ; oil of cinnamon, twenty drops ; cologne spirit, six pints.

FLORIDA WATER.

Oil of lavender, two drachms ; oil of bergamot, two drachms ; oil of two drachms ; tincture curcum, one drachm ; oil of neroli, one drachm ; oil of melissal, thirty drops ; oil of rose, ten drops ; alcohol (deodorized), two pints.

LAVENDER WATER.

Essence of musk, four drachms ; essence of ambergris, four drachms ; oil of cinnamon, ten drops ; English lavender, six drachms ; oil of geranium, two drachms ; spirits of wine, twenty ounces. Mix all together.

WATERPROOF DRESSING FOR BOOTS, Etc.

Lard oil, one hundred parts ; paraffine, fifty parts ; beeswax, five parts ; gently warm the oil and in it dissolve the paraffine and wax. Boots and shoes to which this dressing is applied may be polished, using ordinary blacking.

CEMENT.

To be used cold, for leather ; with the requisites of strength, elasticity, and resistance to moisture—1. Dissolve good glue, previously softened in cold water, in strong acetic acid, over a hot-water bath, to a thin paste. Strong, but requires several hours to harden. 2. Melt together equal parts good coal tar, pitch (not tar) and gutta percha ; mix well and use hot. Very strong, elastic, quick setting and waterproof. It may be softened with naphtha and used cold. The durability of the soles of boots and shoes may be greatly increased by coating them with gum copal varnish, which also has the effect of making them waterproof. Four or five coats should be given, allowing each coat of varnish to dry before the succeeding one is applied. Soles thus treated possess twice the usual durability, and generally outlast the best uppers. The leather uppers of boots or shoes may be rendered soft and waterproof by rubbing into them, while warm, before the fire, a mixture composed of four ounces of lard and one ounce of resin.

LIQUID SHOE BLACKING.

Dissolve half a pound of shellac in alcohol; it dissolves slowly, but cork the bottle well, keep in a warm place, and shake often. Then add a piece of camphor the size of a hen's egg, shake well, and after it is dissolved add one ounce of lampblack. If the alcohol is strong enough all will be dissolved and ready for use in two days. If it is too thick add alcohol. It dries in five minutes, and does not make the leather hard, as it does not penetrate, but remains on the surface.

BLACKING KID BOOTS.

Put some good black ink (not fluid) into an old cold cream or pomatum pot; fill it about half full, and set it in a cupful of very hot water, so as to heat the ink; melt down a common tallow candle and mix thoroughly to a smooth paste with the heated ink. This may be rubbed into kid with a piece of old flannel. It makes kid boots and shoes very desirable, and the kid looks new as long as it lasts.

COLORING KID GLOVES.

Put one-half ounce extract logwood into a two ounce vial, and fill with good brandy. This dye will keep for years if well corked. Put the gloves on the hands, and with a sponge apply evenly all over them; rub one hand with the other smoothly and firmly until dry; more logwood gives a nearly black color; less a delicate lilac.

TO CLEAN KID GLOVES.

Lay the gloves upon a clean board; make a mixture of dried fuller's earth and powdered alum, and pass them over on each side with a common stiff brush; then sweep it off and sprinkle them well with dry bran and whiting, and dust them well. This, if they be not exceedingly greasy, will render them quite clean; but if they are much soiled take out the grease with crumbs of toasted bread and powder of burned bone; then pass them over with a woolen cloth dipped in fuller's earth or alum powder; in this manner they can be cleaned without wetting, which frequently shrinks and spoils them.

TO CLEAN WHITE SATIN BOOTS OR SHOES.

Put into the shoe something that will fill it out. Then rub the shoe gently with a piece of muslin dipped in spirits of wine; do

this several times; then wipe the shoe carefully with a piece of dry muslin.

TO DO UP POINT LACE.

Fill a goblet or any other glass dish, with cold soap suds made of the best quality of washing soap; put in your lace and place in a strong sunlight for several hours, after squeezing the lace, and changing the water if it seems necessary; when bleached, rinse gently in three or four waters, and if you wish it ecru, or yellowish-white, dip it into a weak solution of clear cold coffee liquid; if you desire to stiffen it slightly dip it into a very thin starch; provide yourself with a paper of fine needles, recall the form and looks of the collar when first purchased; take a good pin-cushion, arrange your collar in the right form, and gently pick into place, and secure with the needles every point and figure in the lace as it was when first purchased; leave it to dry, and press either between the leaves of a heavy book or lay between two pieces of flannel and pass a heated iron over it. Applique lace can be nicely washed by first sewing it carefully, right side down, to a piece of woollen flannel, wash, stiffen slightly with borax, and press before removing from the flannel.

TO WASH TOWELS WITH COLORED BORDERS.

To set the colors let the towels soak in a pailful of cold water, containing one teaspoonful of sugar of lead; let them remain ten minutes before washing; to make the colors look clear and bright, use pulverized borax in the wash-water, and very little soap and no soda. Before washing almost any colored fabrics, it is recommended to soak them for some time in water to every gallon of which is added a spoonful of ox-gall. A teacup of lye in a pailful of water is said to improve the color of black goods, when it is necessary to wash them. A strong clean tea of common hay will preserve the color of French linens. Vinegar in the rinsing water, for pink or green, will brighten those colors, and soda answers the same end for both purple and blue. The colors of the above fabrics may be preserved by using a strong, milkwarm lather of white soap, and putting the dress into it instead of rubbing it on the material, and stirring into a first and second tub of water a large tablespoonful of ox-gall.

TO REMOVE STAINS FROM TABLE LINEN.

Use borax when washing; do not boil, but bleach out the stains in the sun; wet the spots occasionally with a weak solution of borax.

OIL STAINS OUT OF WHITE CLOTH.

Make a strong solution of borax water—one tablespoonful of powdered borax to a pint of boiling water; place the cloth on a clean board or table and rub the oil stains well, using a clean brush dipped into the solution; if the spots are of long standing a very little soap may be used with the borax water; rinse well with clean hot water, using the brush for that purpose, then rub dry with a clean soft cloth.

TO WASH RED FLANNEL.

Make a warm suds; use very little soap (it hardens the flannel); add a tablespoonful of pulverized borax to every pailful of water; rub on the board, or, if possible, only with the hands; rinse in one plain warm water; wring or press very dry; shake well before hanging in a shady place to dry.

TO WASH BLANKETS.

Have plenty of warm water in which you have previously melted, say, a quarter of a pound of white soap, free from resin, stirring well until it is a lather; add to this a quarter of a pound of borax, stir again, put in your blankets and turn them around in it for ten minutes, keeping the boiler on the range, but do not allow it to boil; take them out in clear water and rub them; rinse them in water slightly blued; wring, and snap and shake them until the water is out of them, then let them get perfectly dry and press them under damp muslin. It will require two persons to handle them.

CLEANSING FLUID FOR WASHING ALPACA, CAMELS' HAIR AND OTHER WOOLEN GOODS, AND FOR REMOVING MARKS MADE ON FURNITURE, CARPETS, RUGS, ETC.—Four ounces ammonia, four ounces white castile soap, two ounces alcohol, two ounces glycerine, two ounces ether. Cut the soap fine, dissolve in one quart of water over the fire, add four quarts of water. When nearly cold add the other ingredients. This will make nearly eight quarts and will cost about seventy-five cents. It must be put into a bottle and stopped tight, and it will keep good any length of time.

TO WASH DRESS GOODS—Take a pailful of lukewarm water, and put in a teacupful of the fluid, shake around well in this, and then rinse in plenty of clean water and iron on wrong side while damp.

FOR WASHING GREASE FROM COAT COLLARS, ETC.—Take a little of the fluid in a cup of water, apply with a clean rag and wipe well with a second rag. It will make everything woolen look bright and fresh.

TO CLEAN SILVER.

Table silver should be cleaned at least once or twice a week, and can easily be kept in good order and polished brightly in this way. Have your dish pan half full of boiling water; place the silver in it so that it may become warm; then with a soft cloth dipped into the hot water, soaped and sprinkled with powdered borax, scour the silver well, then rinse in clean hot water; dry with a clean dry cloth.

TO POLISH SHELL COMBS.

Take a chamois skin, put a tablespoonful of sperm oil in the centre, and add rotten stone as much as the oil will take up. Polish your comb or other shell work with the rotten stone and oil, and finish with dry rotten stone, using the dry part of the chamois. Never wash your chamois, keep it for polishing, it will last for years. In delicate machinery, fine locks, jewelry, etc., never use olive oil, castor oil, or any other vegetable oils, nothing but the best sperm; all others are drying oils, and instead of lubricating, leave a gum that will soon ruin a machine or lock.

TO POLISH NICKEL PLATE.

Scour with pulverized borax, use hot water and very little soap; rinse in hot water, and rub dry with a clean cloth.

TO CLEANSE A MEERSCHAUM PIPE.

Strong cold coffee is an excellent thing to use; let it stand in the bowl for a short time, or draw it a few times back and forth through the stem, when it will be found, upon draining it off, that there is a large amount of oil floating upon the surface; to draw it a few times back and forth through the stem, will more thoroughly remove the foreign particles and oil, than by merely draining it off after remaining a short time in the bowl.

TO KEEP PIANO KEYS WHITE.

Piano keys that have become yellow, will lose much of their color by leaving them open, as keeping them closed too much is the cause of their being yellow.

TO REMOVE MILDEW.

1. Take equal parts of lemon juice, salt, starch, and soft soap; rub on thickly, lay on the grass in the hot sun. Renew the application two or three times a day. 2. Take five cents' worth of lime, dissolve in a pail of water, put in the clothes; let them remain three or four hours, then wash, and the mildew will all disappear, and does not injure the cloth. 3. First of all take some soap and rub it well into the linen, then scrape some chalk very fine, and rub that in also; lay the linen on the grass, and as it dries, wet it again; twice or thrice doing will remove the mildew stains.

CLEANING FEATHERS.

To clean white ostrich feathers, four ounces of white curd soap cut small, dissolved in four pints of water, rather hot, in a basin. Make the solution into a lather by beating it with birch rods or wires. Introduce the feathers, and rub well with the hands for five or six minutes. After the soaping, wash in clean water as hot as the hand can bear. Shake until dry.

TO SOFTEN WATER.

Hard waters are rendered very soft and pure, rivaling distilled water, by merely boiling a two ounce vial, say in a kettleful of water. The carbonate of lime and any impurities will be found adhering to the vial. The water boils very much quicker at the same time.

TO WASH SILK STOCKINGS.

One tablespoonful of lemon juice to a quart of tepid water; wash thoroughly, using no soap; dry quickly in the shade; the flesh tint will be preserved.

WASHING SILK HANDKERCHIEFS.

To wash a white silk handkerchief so that it will not be stiff, make a suds of tepid water and plain white soap, adding a tablespoonful of magical mixture, and lay the handkerchief to soak twenty minutes, covering it up so that it will steam; then wash

with the hands and rinse, putting a little blueing in the water, which should be a little warm.

TO CLEAN COLORED SILK.

Wash in warm soap suds, rinse in clear warm water, dry quickly, and iron on the wrong side while yet rather damp. If there are grease spots on the silk, press with a tolerably warm iron under brown paper.

TO RESTORE RUSTY BLACK LACE.

1. Black thread lace can be made to look as fresh as new by dipping it into bay rum and then drying quickly. 2. Half a cupful of rain water, one teaspoonful of borax, one teaspoonful of alcohol; squeeze the lace through this four times; then rinse in a cupful of hot water in which a black kid glove has been boiled; pull out the edges of the lace till almost dry; then press for two days between the leaves of a heavy book.

TO RESTORE FADED, OR RUSTY CRAPE.

Take an old piece of crape and dip it into a cupful of vinegar, and sponge the veil off with it; then pin the veil down nicely to a pillow and let it dry. The veil will look like new, and this can be done whenever it grows rusty.

TO TAKE WRINKLES OUT OF CRAPE.

Have a kettle of boiling hot water on the range; let two persons take hold of the veil and hold it out straight, but do not *stretch* it, for a few moments over the steam until the creases are removed.

TO RESTORE RUSTY BLACK CLOTH.

To cleanse black cloths, mix half a teaspoonful of spirits of ammonia with a tablespoonful of alcohol; apply with a sponge, and when necessary, use a nail brush to cleanse thoroughly the soiled places; sponge off with clear water and hang to dry. This is good to restore shiny and rusty goods and bring back their newness.

TO WHITEN A PALM LEAF HAT.

1. To whiten palm leaf when it has turned yellow, first scrub it well in water, softened with borax, using very little soap; then rinse in borax water, using a teaspoonful of powdered borax to a

basin of water; blanch it in the sun for two or three days; if the hat is very yellow, a little lemon juice rubbed on will prove effective. 2. Another method is, after the hat is thoroughly washed, to bleach it by the flames of brimstone. To do this, a dish of lighted brimstone is placed in a barrel, which stands upon one end. The hat is then suspended near the top, and the barrel covered over.

STARCHING LINEN.

The following is recommended by a German journal: Make a liquid paste with good fine wheat starch and cold water, and then stir in boiling water until a stiff paste is formed, and immediately add white wax, or stearine; say about one ounce of wax to a pound of starch (the exact proportion, however, in any case, can only be determined by experience). If it is desirable that the linen should be very stiff, powdered gum arabic may be added to the cold water with which the starch is mixed; or, a teaspoonful or two of powdered borax may be used. The strained starch should be thoroughly rubbed into the articles, after they have been well wrung out, after which they should be placed between dry cloths and passed through the mangle, and then rubbed on an ironing board in one direction with a soft rag, to distribute any lumps of starch. Collars, etc., should be ironed dry with a hot iron and considerable pressure. The sticking of the iron may be prevented by drawing it while hot over wax, and wiping it with a rag dipped in salt.

TO DO UP LACE CURTAINS.

Lace curtains should never be ironed. Wash and starch them, using in the rinsing water a tablespoonful of powdered borax; this makes them very stiff. When wet, spread on a sheet, either on the floor or bed, and pin down firmly every two or three inches. A frame made for the purpose is very nice to have, if you have a number of curtains to do up. Let them dry for several days, and they will look very nicely.

TO WASH CHAMOIS SKINS.

Wash in cold water with plenty of soap, and rinse well in clear cold water; thus treated the skins will never be hard, but soft and pliable.

TO PREVENT CISTERN WATER FROM BECOMING OFFENSIVE AND IMPURE.

Have the supply pipe run to the bottom of the cistern. Fresh water being heavier than the old, forces the latter to the surface, so that is first consumed and replaced by the new supply.

TO CLEAN ZINC.

1. Rub the zinc with a cloth wet in kerosene oil, and it will look bright and glossy. 2. Another good method is to wash it in a solution of oxalic-acid and water, and rub off with finely powdered slacked lime. Either method is good; the latter will remove unsightly spots best, but it is not as convenient as the former.

TO KEEP IVORY HANDLES WHITE.

The whiteness may be restored to ivory handles as follows: Wash with soaped flannel and lukewarm water, then wipe very dry; soak them occasionally in alum water that has been boiled and allowed to cool; let the handles lie for one hour in this; then remove them and brush them well (say with a nail brush); after this take a clean linen towel, dip it in cold water, squeeze it out, and while wet wrap it around the handles, leaving them in it to dry gradually, as, if dried too rapidly out of the alum water, the handles will be injured.

MOTHS IN CARPETS.

The carpet moth makes his favorite home about the bindings and corners of the carpet. If this is an ingrain; or three-ply fabric, successful war may be waged on him by wringing a cloth out of hot water, laying it over the bindings and edges, and ironing with as hot an iron as can be used without scorching. This will destroy both the moths and their eggs, and after a few such visitations they disappear. But this steaming and ironing process is not effectual with Wiltons, Moquettes, or any heavy carpetings; the heat cannot thoroughly penetrate them, and ironing injures the pile of the velvet. Still, it is best to draw the tacks occasionally, and lay the edge of the carpet over—one side only, or a part of a side at a time—and steam and iron it on the wrong side. Then, beside this, the floor should be wiped as far under as the arm will reach with a cloth wrung out of strong and hot Cayenne tea; and before renailing, the binding and edge of the carpet should also be wiped with it, rubbing them hard. Some have recommended sprinkling salt

around the sides of the room before nailing down the carpet, but we should think this objectionable, as the salt absorbs moisture from the air and may thus cause too much dampness.

TO RESTORE THE COLOR DESTROYED BY ACID.

When color on a fabric has been destroyed by acid, ammonia is applied to neutralize the acid, after which an application of chloroform will, in most cases, restore the original color.

TO DESTROY RED ANTS.

Grease a plate with lard and set it where the ants are troublesome; place a few sticks around the plate for the ants to climb upon; they will desert the sugar bowl for the lard; occasionally turn the plate over a fire where there is no smoke, and the ants will drop off into it; reset the plate, and in a few repetitions you will catch all the ants; they trouble nothing else while lard is accessible.

ANT EXTERMINATOR.

Procure at a drug store fifty cents' worth of granulated cyanide of potassium, and pour some of the cyanide in the orifices of the nests, and then sprinkle slightly with water. The effect will soon be plainly perceptible. It is necessary to moisten the cyanide with a very little water, in order to prevent the ants from dragging it away, which they proceed to do most furiously, seeming to recognize it as their mortal enemy. The best time to apply it, is shortly before the close of a warm day, when they all gather in after a day's foraging. If the nest is an old and very large one, applications must be made at odd intervals in order to kill those that hatch out often at a depth of as much as twenty feet. It is proper to state here that cyanide of potassium is a *deadly poison*, and, of course, must be handled cautiously. Have your druggist give you the *granular* cyanide instead of the *fused*, which is in large lumps, and is hard to manage without taking it in the fingers, while the former can be poured out of a bottle like so much sand. Do not fail to get it in a bottle instead of paper wrapping, as it is much safer and more convenient.

CARBOLIC ACID PAPER.

Carbolic acid paper, which is now used in such large quantities in this country and abroad, for packing fresh meats, etc., for the

purpose of preserving them against deterioration by atmospheric or other influences, is made by melting five parts of stearine in a gentle heat, and then stirring in thoroughly two parts of carbolic acid, after which five parts of paraffine, in a melted form, are added. The mass thus prepared is then well stirred together until it cools, after which it is applied with a brush to the paper in quires, in the same manner as the waxed paper—so much used in Europe as a wrapping material for various articles—is treated. The industrial importance of this paper is at present very considerable, the quantity manufactured being immense.

TO PROTECT ROSES AND CURRANT BUSHES FROM SLUGS AND INSECTS.

Dust the bushes with white powdered hellebore. Best to apply it while the dew is on the bushes.

TO EXTERMINATE RATS AND MICE.

Mix powdered nux vomica with oatmeal, and lay it in their haunts, observing proper precaution to prevent accidents. Another method is, to mix oatmeal with a little powdered phosphorus.

TO GET RID OF BED BUGS.

Spirits of naphtha rubbed with a small painter's brush into every part of the bedstead, is a certain way of getting rid of bugs. The mattress and bindings of the bed should be examined, and the same process attended to, as they generally harbor more in these parts than in the bedstead.

TO DESTROY COCKROACHES.

Where borax and insect powder fail to work on cockroaches, use red wafers, scattering abundantly where they run—a sure cure. A quarter of a pound will clear the largest house; they eat and die.

KEEPING CARPETS AND FURNITURE.

Carpets and furniture can be entirely protected from moth by care, cleanliness and turpentine. Nice furniture should be well beaten to remove dust and moth; papers wet with spirits of turpentine should be placed over the seats and backs of stuffed furniture, and the whole sewed up in cloth. The most delicate material will not be injured by applying the turpentine in this way.

MEMORANDA.

MEMORANDA.

For carpets, a free use of tobacco leaf or stems is desirable. Papers dipped in turpentine here and there will do their share, and for outside packing, each carpet should be sewed in burlap.

TO PACK PICTURES AND GLASSWARE.

Small framed pictures may be wrapped in paper and packed in the chests of blankets, quilts, etc., taking care that each picture shall be quite free from contact with any other. China, glass, bronzes, etc., should be packed in hogsheads or crates by a china packer. The sum paid to an experienced packer, will be far less than the loss by breakage in domestic packing. Large pictures should be boxed, if they are to be transported any distance.

LICE ON CANARY BIRDS.

The following is a cure for lice on canary birds: Sprinkle dry sand, mixed with anise seed, in the bottom of the cage each day. Rub a little fresh lard under the bird's wings, and put a rusty nail in the bathing cup.

CEMENT FOR ATTACHING METAL TO GLASS OR PORCELAIN,

Consists in a mixture of a solution of eight ounces of strong glue and one ounce of varnish of linseed oil, or three-quarters of an ounce of Venice turpentine, which should be boiled together and stirred till the mixture is thoroughly mixed.

TO CEMENT IVORY TO METAL.

Melt together equal parts of good pitch and gutta percha; use hot.

CEMENT FOR PORCELAIN.

Milk coagulated by means of acetic acid, the caseine thus formed well washed in water, and then dissolved in a cold saturated solution of borax; a clear solution is thus obtained, which is superior to gum arabic in adhesive power, and is colorless. For porcelain this liquid is mixed with finely powdered quick-lime, and the resulting cement quickly brushed over the broken surfaces, which are then bound together; the ware is then dried at a gentle heat.

A GOOD CEMENT.

A good cement for mending almost anything may be made by mixing together litharge and glycerine to the consistency of thick

cream or fresh putty. This cement is useful for mending stone jars or any coarse earthenware, stopping leaks in seams of tin pans or wash boilers, cracks and holes in iron kettles, etc. I have filled holes an inch in diameter in kettles, and used the same for years in boiling water and feed. It may also be used to fasten on lamp tops, to tighten loose nuts, to secure loose bolts, whose nuts are lost, to tighten loose joints of wood or iron, loose boxes in wagon hubs, and in a great many other ways. In all cases the articles mended should not be used till the cement has hardened, which will require from one day to a week according to the quantity used. This cement will resist the action of water, hot or cold, acids, and almost any degree of heat.

CEMENTS FOR GLASS AND TIN.

1. Soak isinglass in water till it is quite soft, then dissolve it in the smallest possible quantity of proof spirit over a hot water bath; in two ounces of this dissolve ten grains of gum ammoniacum, and while still liquid add half a drachm of mastic dissolved in three drachms of rectified spirit; stir well together and use warm.

2. Add softened gelatine to about one-half its weight of hot glycerine.

3. Gum shellac, dissolved in a concentrated, hot aqueous solution of borax; concentrated by evaporation.

4. Slake caustic lime with a little boiling water, beat it into a paste with white of egg or blood, and use immediately.

Paper pulp may be added to the first three cements.

MOUTH GLUE.

Mouth glue affords a very convenient means of uniting papers and other small light objects. It is made by dissolving by the aid of heat, pure glue, as parchment glue or gelatine, with about one-quarter or one-third of its weight of coarse brown sugar, in as small quantity of boiling water as possible; this, when perfectly liquid, should be cast into thin cakes on a flat surface very slightly oiled, and as it cools cut up into pieces of a convenient size. When required for use one end may be moistened by the mouth, and is then ready to be rubbed on any substance it may be wished to join; a piece kept in the desk or work-box is exceedingly convenient.

CEMENT FOR BROKEN CHINA.

A good cement for broken china consists of gum acacia dissolved in boiling water, as much plaster of Paris being added as will form a thick paste. The proportions of the gum and water are half an ounce of the former to a wineglass of the latter. Apply the paste with a brush to the fractured parts.

PASTE FOR SCRAP BOOKS.

For a paste that will not strike through the paper, we may recommend ordinary flour paste, with the addition of about five per cent. of alum. To keep the paste from spoiling, a little carbolic acid and about five grains of corrosive sublimate to the pound may be added. The acid has the effect of preventing the formation of microscopic growths and animalcules, and the sublimate effectually keeps away the flies and winged insects which are apt to lay their eggs in the paste, where they will hatch in spite of the carbolic acid. Recently salicylic acid has been used for the same purpose.

A GOOD PASTE THAT WILL KEEP.

Four parts, by weight, of glue softened in fifteen parts of water, then heat with the water until a clear solution is obtained, and add sixty-five parts of water with stirring. Mix thirty parts of starch with water to a thin milk, and stir this into the glue solution, and keep the mixture at the boiling point for a time. Stir in a few drops of carbolic acid, and store in covered vessels to prevent loss of water. It will not sour.

MOULD.

Ink can be preserved from mould by putting a clove in the bottle. A few drops of any essential oil will preserve leather from mould; and both alum and resin will keep paste in a pure condition.

TO CLEAN SMOKY MARBLE.

Brush a paste of chloride of lime and water over the entire surface, and let it remain for twenty-four hours. This will remove stains. Grease spots can be removed from marble by applying a paste of crude potash and whiting in this manner.

TO REMOVE THE IRON TASTE FROM NEW KETTLES.

Boil a handful of hay in them, and repeat the process if necessary. Hay water is a great sweetener of tin, wooden and iron-

ware. In Irish dairies, everything used for milk is scalded with hay water.

DEODORIZERS.

A pail of clear water in a newly painted room will remove the sickening odor of paint. Coffee pounded in a mortar and roasted on an iron plate, sugar burned on hot coals, and vinegar boiled with myrrh and sprinkled on the floor and furniture of a sick room are excellent deodorizers.

TO WHITEN UNBLEACHED MUSLINS WITH CHLORIDE OF LIME.

For thirty yards of yard wide muslin allow one and one-half pounds of lime. Put the lime in a bag, and dissolve it in water sufficient to cover the muslin. Boil the muslin well before putting it in this solution. After the muslin has become white enough, remove it from the lime water and rinse it thoroughly.

WOOD POLISH.

No wood for furniture is so sensible and economical, and in the end so cheap, as black walnut. It is so hard that it will bear even a great deal of pounding from the small boys of the family without becoming defaced. Especially for bed-rooms and dining-room furniture it is the best, and as for the "living-room," nothing will stand the test better. The grain of the wood is quite open, and will readily absorb a great deal of raw oil without becoming polished. If a little gum copal is mixed with the oil, in a short time the wood will become as highly polished as a coach body.

TO PRESERVE CRAYON DRAWINGS.

There is a way of preserving of crayon drawings by floating over them a solution of isinglass and warm water; the easiest and most effective way of setting them is to expose them to a dense steam, such as would come from the mouth of a large kettle of boiling water. The drawing must be previously pinned securely on a board, upon which it must remain until thoroughly dry.

TO PRESS AUTUMN LEAVES.

Press the leaves carefully between newspapers, taking care to avoid lapping one over another. The next day take out the leaves and dry the papers. Put the leaves again in press, and the

next day repeat the drying process. This should be done four or five times, until all the moisture is extracted from the leaves. This is troublesome but the result will be brilliant. If the face of each leaf, after the first pressing, is brushed over with sulphuric acid diluted one-half with water, the color will be still brighter. Do not wax or varnish the leaves, as it gives them an unnatural gloss. They can be made into sprays or garlands by means of the fine wire which florists use, twisted tightly around their stems.

TO CRYSTALIZE DRIED GRASSES.

Take one pound of powdered alum, pour on two or three quarts of boiling water, place the grasses in and let them remain until the solution becomes cold and the alum crystalizes; do not move them while crystalizing. It takes about twelve hours.

A very beautiful application of electro-metallurgy is to apply a coat of silver by electro-deposition on natural leaves and flowers. By this means very delicate ornaments are produced, since the precise form and texture of the natural leaf are produced under the thin silver film.

SILVERING SOLUTION.

Nitrate of silver, crystalized, half an ounce; cyanide of potassium, one ounce; distilled water, twelve ounces; precipitated chalk, two ounces. Dissolve the nitrate and cyanide separately, mix the solution and add chalk. Apply with a soft piece of linen, then washed with water, dried and polished with chamois leather.

SYMPATHETIC INKS.

BLACK—Water, six fluid ounces; sulphuric acid, half a fluid drachm.

GREEN—Water, one fluid ounce; chloride of cobalt, half a drachm. Write with quill pen. Heat to read.

TO BORE HOLES IN GLASS,

Any hard steel tool will cut glass with great facility when freely wet with camphor dissolved in turpentine. A drill may be used or even the hand alone. A hole bored may be easily enlarged by a round file. The ragged edges of glass vessels may also be easily smoothed thus with a flat file. Window glass may be readily sawed with a watch-spring saw, by aid of this solution.

**TO CLEAN TIN, OR OTHER METALLIC VESSELS WHICH
HAVE HELD PETROLEUM.**

Hot soap and water, or naphtha, or carbon disulphide.

TO TAKE OUT GLASS STOPPERS FROM BOTTLES.

Amateurs are often troubled to do this in obstinate cases, and will be grateful for the following practical hints on the subject, condensed from the *Druggists' Circular*: When only water has been in the bottle, the best way is to apply heat to the neck of the bottle. To do this successfully, without breaking the bottle, the wick of a spirit lamp is trimmed so as to give a flame of about the size of the neck of the vial. The bottle is held in the flame with the two hands and turned as rapidly as possible, while its neck is immersed in the middle of the flame. From time to time the vial is taken out of the fire and the stopper tried. If it holds fast, the bottle is heated again, without loss of time, until the stopper comes out; then bottle and stopper are allowed to cool separately. The whole operation takes generally from four to ten seconds. In skilful hands, it is invariably successful in less time than it takes to explain the manipulation; but beginners, through injudicious heating, generally break the first bottles which they try to open. When the bottle contains other liquids than water, it is necessary, before applying heat, to dissolve out any substance that may have dried between the stopper and the neck of the bottle. To effect this, the bottle is inserted in a small graduate, containing the appropriate solvent; that is, water for sugary liquids, or other soluble substances; alcohol for resinous bodies, etc. After six or eight hours, the stopper is frequently found unloosened without the use of other means. By the way, the heat is applied as rapidly as possible, because it is important that the neck of the bottle should become warmed and thereby dilated, before the stopper has had time to expand also. In some cases it is impossible to open the bottle at all, without breaking it; this happens when it contains, or has contained, alkalies, their carbonates, etc., which completely solder the glass together. It is almost unnecessary to add that alcohol and ethereal liquids require the exercise of the utmost caution to avoid accidents.

TO THAW SINK PIPES, WHEN FROZEN.

Place the end of a piece of lead pipe against the ice to be

thawed, and then, through a funnel in the other end pour boiling water. Keep the pipe constantly against the ice and it will soon disappear. Or, stiffen rubber tubing with fine wire, and introduce it into the pipe as far as possible, directing a jet of steam from a small boiler over a portable charcoal furnace, as is done by plumbers in many cases; or, take the steam from any other source.

VENTILATION.

Many persons complain of always getting up tired in the morning. This is very often due to defective ventilation of the bedroom, or from using an undue amount of bed clothes and bedding. Feather beds are too soft and yielding and partially envelope the sleeper, thus producing profuse perspiration. The habit of lying too much under blankets is also very pernicious, by reason of the carbonic acid exhaled by the sleeper being respired. Again, it is a common error to suppose that by simply opening a window a little at the top a room can be ventilated. People forget that for proper ventilation there must be an inlet and outlet for the air. In bedrooms there is very often neither, and if there is a fireplace, it is generally closed up. Again, it is a mistake to suppose that foul air goes to the top of a room. Certainly, the heated air goes to the top, but the chief impurity, the carbonic acid, falls to the bottom. There is nothing so efficacious in removing the lower strata of air as the ordinary open fire place, especially if there is a fire burning.

RELIEF FOR BURNING FEET.

To relieve burning feet, first discard tight boots; then take one pint of bran and one ounce of bi-carbonate of soda; put into a pail and add one gallon of hot water; when cool enough, soak your feet in this mixture for fifteen minutes. The relief is instantaneous. This must be repeated every night for a week, or perhaps more. The bran and bi-carbonate should be made fresh after a week's use. Bi-carbonate of soda can be purchased for about ten cents a pound from wholesale druggists. The burning sensation is produced by the pores of the skin being closed, so that the feet do not perspire.

TO GIVE PLASTER OF PARIS CASTS THE APPEARANCE OF MARBLE.

This may be very successfully done with small figures in the following manner: Dissolve one ounce of white soap and one

ounce of white wax in two quarts of water; place it before the fire, and when the whole is incorporated, the mixture is fit for use. Having well dried the figure, suspend it by some twine and dip it in the varnish. In a quarter of an hour's time, dip it in again. These two dips will generally be found sufficient. Put the figure carefully aside, covered from the dust for a week, and then with a soft rag rub it gently, when a brilliant gloss will be produced.

The preservation of plaster casts may be effected by the thorough saturation of the plaster in melted paraffine. This, it is said, hardens the plaster so much that the finger nail will scarcely scratch it, increases its weight considerably, gives it an appearance of transparency, like ivory, and preserves it though subjected to repeated washings. The saturation is stated to be similar to that employed in the saturation of plaster casts in stearine.

TO IMPROVE PLASTER CASTS.

These soon accumulate dust and are often ruined in cleaning. To render them permanently valuable and to remove their chalky whiteness, they should be flatted. This is done by painting with common white paint, in which a very little Vandyke brown has been mixed, after, of course, making entirely free from dust. Any one can do this by taking care to preserve the delicate markings about the mouth, eyes and all the features. Two or three coats of paint will be needed. The last coat should be mixed with turpentine alone. After this is done and well dried, the plaster cast can be washed and cleaned as easily as marble.

ANOTHER.

Prepare a wash by soaking a small quantity of plaster of Paris in a strong solution of alum; bake this in an oven and then grind it to a fine powder. When you are ready to use it mix a little of this with water, and spread it evenly and quickly over the surface of your subject. This should be a thin wash, and will set like a coat of marble, taking a high polish. If one coat is not sufficient let another be given in the same manner.

HINTS ON VARNISHING.

Before any article is varnished it should be thoroughly cleansed from all grease spots with plenty of hot water, soap and soda, which must be well washed off. It is also essential that the article

to be operated upon should be perfectly dry. The following is a good varnish for rustic seats: Boil one quart of boiled linseed oil and two ounces of asphaltum over a slow fire till the asphaltum is dissolved, the mixture being kept stirred to prevent it boiling over. This gives a fine dark oak color, is not sticky, and looks well for a year. Or, first wash the furniture with soap and water, and when dry, on a sunny day, brush it over with common boiled linseed oil; leave that to dry for a day or two, then varnish it over once or twice with hard varnish. If well done this will last for years and prevent annoyance from insects. A common black varnish for wood and iron may be made by mixing one gallon of coal tar with one-half pint of spirits of turpentine and two ounces of oil of vitriol, stirring the mixture briskly until the ingredients are thoroughly incorporated. A fine kind may be made by adding four ounces of asphaltum and eight ounces of burnt umber to one gallon of burnt linseed oil. Grind the umber smooth with a little of the oil, and add it to the asphaltum previously dissolved in a pint of the oil by heat, then add the remainder of the oil; boil, cool, and thin with turpentine to the proper consistency; or melt two pounds of asphaltum in an iron pot, add of hot boiled oil one pint, mix well, cool, and add two quarts of oil of turpentine. A good varnish for white wood is made by dissolving three pounds of bleached shellac in one gallon of alcohol; strain and add one and a half gallons more spirit. Fine, dry, warm weather should always be chosen for varnishing operations.

PETROLEUM—FOR RUSTIC WORK.

It is not unusual to see handsomely executed rustic work going to decay by exposure to the weather. It loses all its beauty and becomes positively repulsive as it begins to give out from the rotting of the joints. To prevent this undesirable result, many procure, at much expense, limbs of red cedar for the material, which, being durable, will continue for many years. There is a much better and cheaper way, and soft wood, easily procured and worked, can be rendered as durable as cedar. Soak the whole in crude petroleum, especially at the joints. It may be easily and rapidly applied after the structure is finished, with a common whitewash brush. The wood will absorb it into the pores, as dry sand absorbs water. It is very cheap oil; and a rustic summer house may be soaked with it at a very small expense. The light

petroleum will penetrate the wood most, the heavy will give it a rich brown color. A mixture of the two may be best.

A DURABLE COATING OR PAINT FOR CEILINGS.

Take two pounds of Paris white, and one ounce of glue; dissolve the glue in warm water; mix the white with warm water and stir in the glue; thin with warm water and apply with a good brush.

TO IMPROVE THE APPEARANCE OF FURNITURE.

Take a soft sponge, wet with clean, cold water and wash over the article. Then take a soft chamois skin and wipe it clean. Dry the skin as well as you can by wringing it in the hands, and wipe the water off the furniture, being careful to wipe only one way. Never use a dry chamois on varnish work. If the varnish is defaced, and shows white marks, take linseed oil and turpentine in equal parts, shake them well in a vial, and apply a very small quantity on a soft rag until the color is restored; then with a clean soft rag wipe the mixture off. In deeply carved work the dust cannot be removed with a sponge. Use a stiff haired paint brush instead of a sponge.

FURNITURE POLISH.

Dissolve fifty-one grains of finely shaved stearine in seventy-two grains of warm oil or turpentine, and when in solution permit it to cool. A little of this salve is rubbed on the furniture with a woolen cloth and polished, and then rubbed with a clean and dry cloth.

TO CLEAN FURNITURE.

A shovelful of hot coals held over varnished furniture will take out spots and stains. Rub the place while warm with flannel.

TO EBONIZE WOOD.

Mix up a strong stain of copperas and extract of logwood, about equal parts; add powdered nutgall, one-fourth part; stain the wood with the solution, dry, rub down well, oil; then use French polish made tolerably dark with indigo or finely powdered stone blue.

TO KALSOMINE A WALL.

Buy the best bleached glue if the walls are to be white or some light tint (if dark it is immaterial, so the glue is clean), and use it

in the proportion of a quarter of a pound of glue to eight pounds of whiting. Soak the glue over night; in the morning pour off the water, as the glue simply swells while soaking; add fresh water, put it in a tin pail, and set that in a kettle of boiling water; when dissolved, stir into it the whiting, adding enough water to make it, after mixing, of the same consistence as common whitewash. It may be tinted to any color desired, and is applied with a whitewash brush. If the color is rubbed smooth in a little water, and then mixed with the wash, it will be more even. If the walls have been previously whitewashed, scrape away all that will come off, and wash with a solution of white vitriol, two ounces in a pailful of water. The vitriol will be decomposed, forming zinc white and plaster of Paris, to which the kalsomining easily adheres. It is important to dissolve the glue in a hot water bath; for if scorched by too great heat, its tenacity is impaired or destroyed. Whiting is simply chalk freed from impurities and reduced to a fine powder. There is a great difference in whitewash brushes, and the beauty of the work, as well as the ease of performing it, depends very much on a good brush, making it well worth while to pay the difference between a good one and a cheap one. For the inexperienced, it is more difficult to lay on tints even than pure white.

A WALL SCREEN.

White enamel cloth can be made into a screen for the back of the washstand, with good effect—both as to beauty and usefulness. Cut it the length of the stand and half a yard deep; round off the corners and pink or scallop the edges. Then transfer decalcomanie pictures, or put on spatter work in showy designs, and then varnish with transparent varnish. A newspaper or a towel looks very shabby, pinned on the wall behind the washstand for its protection, when a pretty article could be put in its place at so little expense. Pink or blue cambric, covered with a full curtain of dotted muslin, fastened at each edge, and corners ornamented with a ribbon bow, to correspond in color, can be put up for a trifle, and certainly looks very neat, and can be washed and replaced when necessary.

UPHOLSTERING OLD CANE CHAIRS.

When the cane seat of a chair is broken it may be made as good as new, or better, by upholstering it at home. After removing the superfluous bits of cane cover the space with matting formed of

three-inch wide belting, woven together. Tack it temporarily in places. After placing over this some coarse muslin, draw both smooth, and secure at the edge with twine, making use of the perforations. Remove the tacks, turn the raw edge over toward the centre and baste it down. Arrange the curled hair and wool, or whatever you propose to use for stuffing, and keep it in position by basting over it a piece of muslin. Then carefully fit the rep, pin it in different places until you are certain it is in perfect shape, and tack it permanently, following, of course, the tracing made for the cane. Cover the edge with galloon to match the rep, using tiny ornamental tacks, and tie with an upholsterer's needle in as many places as is desirable, leaving a button on the upper side. When the back of the chair is to be repaired a facing must be tacked on the outside.

HOW TO ACT IN CASE OF FIRE.

The following directions for conduct in cases of fire are issued by the *British Royal Society for the Protection of Life from Fire*: Every householder should make each person in the house acquainted with the best means of escape, whether the fire breaks out at the top or at the bottom.

Inmates at the first alarm should endeavor calmly to reflect what means of escape there are in the house. If in bed at the time, wrap themselves in a blanket or bedside carpet; open neither windows nor doors more than is necessary; shut every door after them. [This is most important to observe.]

In the midst of smoke it is comparatively clear towards the ground; consequently progress through smoke can be made on the hands and knees. A silk handkerchief, worsted stocking or other flannel substance, wetted and drawn over the face, permits free breathing and excludes to a great extent the smoke from the lungs. A wet sponge is alike efficacious.

In the event of being unable to escape either by the street door or the roof, the persons in danger should immediately make their way to the front room window, taking care to close the door after them, and those who have charge of the household should ascertain that every individual is there assembled.

Persons thus circumstanced are entreated not to precipitate themselves from the window while there remains the least possibility of assistance, and even in the last extremity a plain rope is

invaluable, or recourse may be had to joining sheets or blankets together, fastening one end to the bedpost or other furniture. This will enable one person to lower all the others separately, and the last may let himself down with comparatively little risk. Select a window over the doorway rather than the area.

Do not give vent to the fire by breaking into the house unnecessarily from without, or, if an inmate, by opening the doors and windows. Make a point of shutting every door after you as you go through the house. For this purpose doors enclosing the staircase are very useful.

Upon discovering yourself on fire, reflect that your greatest danger arises from draught to flames and from their rising upward. Throw yourself on the ground and roll over on the flame—if possible on the rug or loose drugget, which drag under you. The table cover, a man's coat, anything of the kind at hand, will serve your purpose. Scream for assistance, ring the bell, but do not run out of the room or remain in an upright position.

Persons especially exposed to the risk of their dresses taking fire should adopt the precaution of having all linen and cotton washed in a weak solution of chloride of zinc, alum or tungstate of soda.

THE CARE OF LAMPS.

In the long chapters of accidents and horrors with which newspapers seem in duty bound to enliven their readers almost daily, we do not recall one instance of any trouble from the use of kerosene, or the bursting of a lamp, that was not unmistakably the result of carelessness, neglect or ignorance. Nothing can be simpler than cleaning, filling or trimming a lamp; yet unless the eye of the mistress is on the work from beginning to end, or she takes entire charge of the work herself, how much discomfort is experienced by those who depend on lamps for lighting their homes. If the wick is adapted to the tube through which it passes, being neither too wide nor too narrow, there should be no trouble in turning it up or down. But if too wide, it will catch in the tube, and be drawn up unevenly, and crack the chimney, or be hopelessly snarled, or entangled. If it is too narrow, it gives very little light, and that will burn in jets and puffs, and sometimes, by a sudden draft or opening of a door, the flame may be drawn into the lamp and a bad accident be the result. Many chimneys are broken by carelessness in trimming the wick. It is strange that

any one should find difficulty in cutting a wick perfectly true, making it exactly even with the tube. The slightest inequality, the slenderest thread of the wick, or a mote, will make the light unsteady, cause the lamp to smoke, or break the chimney. Having once tried the experiment of slighting such work, and seeing the effects, should be, one would imagine, quite sufficient to teach a more careful habit. But not one servant in fifty will trim half a dozen lamps in the morning so that they will all perform their work satisfactorily. The wick is trimmed unevenly, perhaps, and therefore smokes, and must be extinguished and re-trimmed, often to the inconvenience and discomfort of several persons, who must wait until the work is done properly. One lamp was overlooked and the wick is covered with a ragged crust from last evening's use, and if lighted in that untidy state will burn in uneven jets, smoke and break the chimney. One such mistake and the mortification of rectifying it before company, instead of having it well done at the proper time and place, ought to fix the lesson in the mind and prevent a repetition. Yet how many house-keepers are wearied with the daily effort to teach this very simple lesson? It is better never to cut the burnt part of the wick entirely away, but only to remove the crust, taking care that it is perfectly even with the tube. This is easily done by turning the wick down so low that only this crust appears above the tube, and then carefully clip or scrape off all the hard, uneven crust, leaving the rest of the wick untouched or only so far as is needed to make it exactly even with tube.

The woven wicks commonly used are being superseded by a red felt wick. The color is not particularly desirable; but the light from their wicks is much clearer; it does not become coated with any sediment that may settle from the kerosene, and does not catch or tangle on the screw; but we don't suppose the color has any virtue. Another mistake is in filling the lamp too full. The oil should never come within an inch of the neck of the lamp when the top is screwed in, else it is drawn up as by a siphon, till it overflows and covers the outside, greasing every spot where it is placed, soiling the hands, endangering the clothes, and filling the room with the smell of kerosene. Chimneys and shades must be kept perfectly bright and clear if one expects to have a good light. Wash in hot, clean suds, to remove all grease, rinse in hot water, dry with a clean linen cloth or towel kept exclusively for

the lamps, and polish with chamois skin. They need washing two or three times a week, and the brass top of the lamp also to keep it free from any burnt wick or insects that drop over and lodge there. If these are not removed as fast as they collect, the circulation of air is obstructed and a disagreeable oily smell makes the room unpleasant.—[*Mrs. Henry Ward Beecher, in Christian Union.*]

ODOR DELECTABILIS.

Take four ounces of distilled rose water; four ounces of orange flower water; one drachm of oil of cloves; one drachm of oil of lavender; two drachms of oil of bergamot; two grains of ambergris; two grains of musk; and one pint of spirits of wine. Dissolve the musk and ambergris in the spirits of wine; then mix the whole well.

MEMORANDA.

MEMORANDA.

Extracts from the Report of British Government Commission, appointed to examine and report upon the domestic water supply in England, in 1874.

"Hard water decomposes soap and cannot be efficiently used for washing. The chief hardening ingredients met with in water, are salts of lime and magnesia. In the decomposition of soap, these salts form curdy and insoluble compounds, containing the fatty acids of the soap, and the lime and magnesia of the salts. So long as the decomposition goes on, the soap is useless as a detergent, and it is only after *all* the lime and magnesia salts have been decomposed at the expense of the soap, that the lather begins to exert a useful effect; as soon as this is the case however, the slightest further addition of soap produces a lather when the water is agitated, but this lather is again destroyed by the addition of a further quantity of the hard water; thus the addition of hard water to a solution of soap, causes the production of the insoluble curdy matter above mentioned. These facts render intelligible the uselessness of washing the skin with soap and hard water. The skin is first wetted with the water, and then the soap is applied; the lather soon decomposes all the hardening salts contained in the small quantity of water, with which the skin is covered, and there is then formed a strong solution of soap which penetrates into the pores. This is the process that goes on whilst a lather is being produced in personal ablution; and now the lather and the impurities which it has imbibed, requires to be removed from the skin, an operation which can be performed in one of two ways, either by wiping the latter off with a towel, or by rinsing it away with water. In the former case, the pores of the skin are left filled with soap solution; in the latter case, they become clogged with the greasy, curdy matter which results from the action of the hard water upon the soap solution, which had previously gained possession of the pores of the skin; as the latter process of removing the lather is the one universally adopted, the operation of washing with soap and hard water is similar to that used by the dyer and calico printer, when he fixes his pigments in calico, woolen or silk tissues. The pores of the skin are filled with insoluble, greasy and curdy salts contained in the soap, and it is only because the insoluble pigment is white or nearly so, that such a repulsive operation is tolerated. To those, however, who have been accustomed to wash in soft water, the abnormal condition of the skin thus caused, is for a long time extremely unpleasant.

Doctor John Sutherland, speaking of the water formerly supplied to Liverpool, which was of about the same hardness as that now supplied to London, says:—

Having lived for a number of years in Liverpool, a town which has a supply of very hard water for domestic use, my attention has for a length of time been called to the fact, that the continual use of this water has a somewhat peculiar effect on the digestive functions in some constitutions. I arrived at conclusions several years ago, and which nothing has since occurred to alter, that in some constitutions the hard water tends to produce visceral obstructions; that it diminishes the natural secretions, produces a constipated or irregular state of the bowels, and consequently deranges the health. I have repeatedly known these complaints to vanish on leaving the town, and to reappear immediately on returning to it; and it was such repeated occurrences which fixed my attention on the hard water as the probable cause, as I believe it to be, of these affections.

The superiority of soft water in the laundry is experienced also in the kitchen. In the extraction of the soluble parts of such materials as are submitted to boiling or to simmering at a high temperature, soft water has an acknowledged superiority to hard water—a superiority, which, as it economizes the material on which it operates, has a *direct money value* in the extraction of tea from the leaf, as well as in the extraction of juices from the meat; in the preparation of soap, a smaller quantity of the material thus suffices for the production of an extract of a given strength; and as the process is not only more effectual but more easy, time and fuel are also saved.

The celebrated cook, Monsieur Soyer, gave evidence in boiling cabbage, greens, spinach, asparagus, hard water gives them a yellow tinge, especially in French beans; the process of boiling is also much longer; hard water has in fact an influence on all sorts of vegetables. On both salt and fresh meat, hard water has a marked effect; the hard water instead of opening the meat seems to draw it closer together, and to solidify the gluten; and I believe that the true flavor of the meat cannot be extracted by hard water. Soft water is also of the greatest importance in making the best bread; this is exemplified in Paris where the water is hard, and where that bread which is made in imitation of Gonness bread, though made with the same flour and by the same bakers, never equals that made at the place itself where the water is soft.

Hard water is injurious in deteriorating the flavor of tea; it also requires more to give an equal strength. I have found that with the same amount of tea with hard water, three cups can be made, but with soft water, five cups can be made; in fact, one-third of all the tea used in London could be saved if perfectly soft water was exclusively used.

Prof. Clark, of Aberdeen, gave further evidence on this subject.—After giving details of a number of experiments with waters of various degrees of hardness compared with soft water, he says: The only way of making an infusion of tea with hard water, equally strong with an infusion made with soft water, is to increase materially in each case the quantity of tea used. Carbonate of Soda or Sal Soda may be used in any small quantities, in order to soften the water and make it fitted for the purpose of infusing tea;

it produces the effect by decomposing the lime present, but if made use of in any proportion above that which will EXACTLY decompose the lime present, it will infallibly injure the flavor of the tea to all persons not accustomed to the taste of soda in their tea.

The Commissioners in their report of the water of London, (which, though decidedly hard water, is by no means extraordinarily so), further remarks—"The hardness of this water is very objectionable; we estimate the maximum loss of soap by Thames water is 42 per cent. for washing linens, and 14 per cent. for woollens. It is found proper to avoid boiling any portion of this water that is used in the wash tub, or even heating it above a certain point, for the carbonate of lime precipitates on the linen, carrying down the coloring matter of the water with it, and producing stains which there is the greatest difficulty in afterwards removing from the linen. The color of the water is thus fixed upon the cloth by the precipitated lime with the tenacity of a mordant. The smaller preparation that would be necessary for occasional domestic washing with soft, as compared with hard water, and the saving of soap would be very evident; in fact, we estimate, startling as it may appear, that the saving in soap in the metropolis of London, by using all soft water instead of hard, would amount to the enormous sum of (£5,000,000) five millions sterling per annum!!! Certainly a large percentage of this sum can be saved by previously softening the water with soda; but the use of soda would be gladly avoided by most housekeepers, owing to its injurious action on the colors of prints, and the permanent yellow tinge, and the weakness in fibre which it occasions, even in white linens when exposed to heat, before the soda is entirely washed out as in ironing."

All the above conditions are fulfilled by the use of our Tea and Coffee Powder for softening hard water; it acts immediately, and in the cold, precipitating at once all the lime and magnesia contained in the water, as an insoluble phosphate of lime. Carbonate of Soda acts slowly, and only works well when heated. Any excess of our Tea and Coffee Powder makes no difference; it is a perfectly neutral salt, and will in no way injure the fibre of the most delicate textile fabric. Any excess in the water required for making tea, coffee or cooking, makes no difference, as it is a perfectly tasteless salt; in fact it has all the advantages of Sal Soda or Caustic Soda, for softening water, with none of its disadvantages; all that is necessary is to add one teaspoonful for each one or two gallons of water, depending on its hardness, and leaving it to settle in the cold as it is; the water is then perfectly soft, and fit for drinking, washing or cooking. It is easy to ascertain the quantity required for softening the water; all that is necessary is to take some of the water that has been softened by the addition of our Tea and Coffee Powder, say one spoonful to the gallon, make a strong solution of Tea and Coffee Powder in a cup or glass, and add a little of it to the water; if there is no white precipitate, the water is quite soft; if there is a precipitate, add one spoonful more for each gallon; allow it to settle and heat again; when once the quantity has been ascertained, which is required to soften any particular water, it will be easy to add the exact quantity in future, without heating at all. Remember though, it is better to have a slight excess, as then you are sure the water is perfectly soft, and a little extra of our Powder will do no harm.

OLD ENGLISH LYE.

THE MOST ECONOMICAL LYE MADE.

HARD SOAP—Empty the contents of this can of Powdered Old English Lye into a stone jar or iron vessel, with two and a half pounds (or pint) of cold water, stir it with a spoon or stick; the powder dissolves immediately, and the lye becomes quite hot; set it aside for half an hour to cool. Now take five pounds of clean grease, tallow or lard, and melt it in a pan until all is dissolved, by heating over the fire, and allow it to cool until it feels just warm to the hand.

MEMO.—If the grease is not clean, or mixed with bits of flesh, skin or bones, allow it to settle for a few minutes when taken off the fire; then skim it, to remove any refuse or bits floating on the top, and pour off carefully, so as to leave all the sediment or dirt behind at the bottom of the pan. In this way a clear grease can be got hot. If this is done, be careful to melt a sufficient quantity, to have exactly five pounds of clear grease poured off—the exact quantity of grease is very important.

As soon as the Lye and grease are cool, commence pouring the lye into the melted grease in a small stream, a little at a time every three or four minutes, until it is thoroughly mixed, and drops from the stirrer like honey—to be properly done, the stirring should be continued for at least twenty minutes. Now pour into a wooden box or other vessel for a mould; wrap up well in a blanket or sheepskin, and fit it in a warm place (in winter near the fire), leaving it wrapped up for at least three days—if left for ten days it will be all the better, at the end of that time you will have a fine, hard, highly perfumed or scented soap, of far superior quality to any you can buy from a soapmaker; this will be a genuine pure soap, made from pure materials; the soapmaker may often put in chalk, ground clay, silicate, rosin, &c., with always a large quantity of water, which add to the weight of the soap, and increase his profit at your expense.

Remember the chief points—Lye must be allowed to *cool*; grease must not be hot only just warm to the hand; lye must be *thoroughly* stirred into the grease *slowly*, not grease into the Lye. The *exact* weight of grease must be taken.

REMARKS—If the soap, when examined, is not well combined with the lye, but is streaky with the layers of grease, you have not stirred it sufficiently; return it all to the pan, first cutting it up and crumbling it down as much as possible, and adding two pints of water; bring it up to a boil, so as to melt all the soap; pour out into the box again and let it stand at least three days, wrapped up as before. It will then be found all right.

If the soap when examined is very sharp to the taste, you have not put in enough grease; if very greasy and tallowy to the touch, you have put in too much. It can be boiled over again as recommended above. To be *slightly* sharp to the taste is all the better, it will clean better especially clothes; for this reason, it is more important to make *quite sure* you do not put in more than five pounds of grease than slightly less than that quantity.

These things will *never* happen however, if the directions are *exactly* followed. If you wish to make a greater *weight* of soap, you may add a pint more water, this will make the soap not so strong, but, of course, proportionately weaker. If you want the soap entirely for boiling with clothes for washing purposes, and not in squares, leave it in the vessel it was made in, and take out a piece with a knife or spoon as you want it; the box is only wanted as a square mould for turning out the soap from it when made, and cutting with a wire into squares.

The consumer will at once see the great advantage of this process over the old tedious process of boiling, requiring some hours; to make the soap; very large pans being necessary, which required very constant attention to prevent their boiling over, and to crown all, often the soap not forming at all, owing to the utter rubbish being sold as "lye," being quite unfit for saponification.

By our process, *nothing* but a gallon and a half gallon vessel, and a pan capable of holding five pounds of grease, is required; the whole thing is done in an hour, and owing to the lye being absolutely pure and always the same, if the directions are exactly followed out, the soap will always come and be always the same, and that of a quality you cannot buy. It would not pay the soapmaker to sell such soap as this.

It will be evident, that if desired, half the can may be taken, and all the other quantities halved, or what will probably much oftener be done, two or three cans of lye will be dissolved at once, and the quantities of grease and water doubled or trebled right through. Every ordinary house even contains vessels that would make twenty or thirty pounds of fine hard scented soap by *this* method, when before it was difficult to find a pan large enough to make a batch of ten pounds of soap by the old boiling process.

N. B.—This short process will absolutely *only* work with our perfumed patented Old English Lye; we are quite aware a somewhat similar receipt has been given with the lyes hitherto put up.

JELLY SOAP—or Soft Water Soap.—Crush or cut into pieces one pound of the hard soap, such as above; put it into a pan with eight quarts of water, just bring to a boil to dissolve the hard soap and pour out into any can or tub; when cool, this will be a beautiful jelly soap, useful for the kitchen or cleaning. There is no use doing this for washing clothes, a piece of hard soap cut up, put in and boiled with them, saves trouble, and comes to exactly the same thing in the end.

NOTE—This is not a true soft soap—no *soda* will make a *real* soft soap; real or true *potash* must be used. We are making a specialty for this purpose—our condensed wood ashes. It is especially intended for making a *real old fashioned soft soap* for washing flannels, woolen goods, cheese cloths, &c., and it is far superior to any *soda* soap. Ask your grocer for it. It is a well known fact that the so-called "Crystal Potash" or "pure Potash," hitherto sold in the United States as Potash, does not, and never did, contain a *single grain* of potash (the real potash got from wood ashes), but is nothing but caustic—and generally inferior at that—soda, broken in pieces.

For softening water, or making hard water soft, nothing is equal to our powdered Old English Lye. Open the can, and put into the tub one or two teaspoonfuls according to the degree of hardness of the water. A teaspoonful of that powder will be generally found sufficient for softening four gallons of water, making it fit for washing. Two or three teaspoonfuls to four gallons of hot water, will effectually cleanse dishes, knives and forks, milk pans, &c., without using any soap. Five or six teaspoonfuls of the powder will generally make a lye strong enough for cleaning type and *printers' use*. Take out about what you want from the can, put on the lid *tightly* again, and the remainder of the powder will keep perfectly well. The saving and economy effected by this, will be very evident. With every other solid lye (or the hitherto so-called *crystal potash*), very often three-fourths of it is wasted; as after being once opened, it must be used at once or it melts away.

Use this article instead of Sal Soda, or washing soda usually called, it is far more economical; three teaspoonfuls of the powder are for every purpose, equal to one pound of Sal Soda, or washing soda. Will wash much more quickly and effectively, besides leaving everything beautifully perfumed. Do not use more than three teaspoonfuls for each pound of Sal Soda; remember this powder is a highly concentrated soda, and more would be injurious; for the same reason, keep the can well cleaned, and out of the way of animals and children.

HARD SOAP.

FROM DIRTY, NOT RENDERED, FAT.

Knock off the lid of a pound box of American Concentrated Lye; put box and contents into a small iron pot with a half gallon of boiling water, and set aside over night near the fire to dissolve; then boil in a larger kettle five pounds of clear fat or tallow, or as much soap grease as will make about five pounds of clear fat, and two gallons of water, (the older and more rancid the grease, the quicker the soap will be made); add as soon as all the fat is melted about a quarter of a pint of the dissolved Lye from the small pot, boil with a slow fire until the biting taste of the soap liquid has disappeared, which can easily be told by tasting a little with the tongue from off the end of your finger touched on the stirrer after dipping it into the soap liquid. Then add another quarter of a pint of the Lye as before, and continue boiling, tasting and adding Lye in the same manner until all the Lye is consumed, when the liquid will become like honey, perfectly transparent as it drops from the stirrer; up to this point, add from time to time, about as much water as has boiled away. Now, add about half a pound of salt, and boil down until the soap separates from the Lye and has lost its honey-like appearance, and drops off the flat wooden stirrer like greasy water. If too much salt is added it will look very curdly, and the soap would be crumbly and brittle. Keep on a simmer about ten minutes, and your soap is made.

Now skim off the soap floating on the surface, put it into a suitable mould and set aside to drain. A wooden box, six inches square and ten inches deep, with loose board bottom, makes a good mould. This will make $8\frac{1}{2}$ or 9 pounds of hard soap. The remaining Lye left in the kettle can be made into soft soap, by adding four gallons of water with the scraps and scrapings from the side of the kettle, give it a boil, and when cold it will be good soft soap. The time required to make soap with old grease is about five hours; with perfectly fresh grease, twice or three times as long. If you want to make rosin or yellow soap, take one-third of clear rosin and two-thirds of the above quantity of fat, add the rosin first, and when it is all dissolved and taken up by the Concentrated Lye, put in the fat and finish up as the other. This receipt furnishes a very strong, hard and lasting soap. As any animal matter containing fat can be used, such as lamb skins, bones, or refuse grease of any kind, no matter how impure, and without any rendering or purification, it is often most convenient.

HARD SOAP.

FROM CLEAR GREASE.

Break up the contents of a box of American Concentrated Lye into fragments, by striking upon the sides of the box. Dissolve it then in $2\frac{1}{2}$ pounds (pints) of hot water, in an iron pot. Melt in another pot or pan 5 pounds of clean fat or grease. Take off of the fire and into this stir slowly the dissolved Lye, and keep stirring until the whole becomes well mixed and like molasses. Now cover up and set in a warm place over night. Next day cut up into small pieces, add 6 pounds (or pints) of water, and melt with a gentle heat until the soap is all dissolved, then pour into a mould to cool. When cold cut into bars, which will be fit to use in about ten days.

HARD SOAP.

BY QUICK PROCESS, FROM CLEAN GREASE.

Put one box of American Concentrated Lye into three gallons of water (knock off the end and let the box boil until it empties itself, then take out the box), add four and a half pounds of soap fat, and let it boil two hours and ten minutes. Then add a small half pint of salt, and let it continue boiling 35 minutes longer, when you add half a gallon of hot water and let it come to a boil; pour a small tumblerful of cold water in a tub or box to wet round the sides, then empty the soap in; to stand all night, and cut it in bars in the morning.

It will be fit for use in about four weeks. This furnishes a large amount of good soap.

HARD FANCY SOAP.

Dissolve one pound of American Concentrated Lye in $2\frac{1}{2}$ pounds of hot water and let it cool; then melt by slow heat, five pounds of clear fat or tallow; pour in the lye in a very small stream, and stir it rapidly; keep stirring until all has assumed the appearance of thick honey and falls off the stirrer in large drops. It is then finished. Cover it up and set the batch in a warm place; or better, cover it with a woolen blanket to keep in the heat, and let it stand for 24 hours, when it will have set into a fine hard soap, which may be perfumed and variegated with colors by stirring the desired colors or perfumes into the mixture just before covering. If lard or olive oil is used, no heating of the same is required.

PRINTERS' USE.

Dissolve one pound of American Concentrated Lye in one-half gallon of warm water. One pint of this solution and three gallons of water will make lye strong enough to clean type and ink rollers.

~~Use~~ Hard water requires one-half more the solution.

~~Do~~ Do not forget to replenish the water, in all the above operations, that may be evaporated while boiling, otherwise the Grease and Lye will not combine.

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